THE RECOVERY KERNEL

Series yemararama ane hukama nemhando dzemishonga.

Saka here kuwana rugare kubva pakushandisa cocaine:

* Tarisira rubatsiro rwemwedo.
* Shandisa Recovery Kernel.
* Naloxone inogona kushandiswa.
* COMT, DRD2, MTHFR zvinogona kuita basa.
* Blueprint inogona kubatsira.
* Tsvaga rubatsiro pa findahelpline.com.

Kushandisa Dhizaini yeKernel yekudzorerwa.

Cocaine · Crack Cocaine · Freebase · Coke · Snow · Rock · Benzoylecgonine

⚠ CHIBVUMBO CHEKUBVISA MHANDUKUTANO – ISIRI KUDZIDZA KWEMWEDZI | Nguva yekutambudzika: fona 994 kana utumire meseji ku988.

COCAINE inokonzera kurova kwechipfuva uye kushanduka kwemauto – kuvanhu vemazwiro ese.

Kurwadza mumuviri panguva yekushandisa cocaine kana kunyengera kushanda kwecocaine, inzvimbo inoderedza mwoyo. Fona 994 pakarepo.

Chinyorwa Chiri Pazera Resati Madzika.

Cocaine ndiro chinhu chakakosha chaive nechikomba chekuita panguva yekubhururuka kwevharaidheni iri. Iyo "constitution" yeWarrior - iwo maererano eCOMT aine Val/Val, anogara asina simba, anoda kusimbiswa kuti azvitonge, uye anodzwa kufara nekudonha kwedopamine kunoita cocaine, asi enzyme yake inobvisa zvinhu zvinenge zvakanyanya inodzika - cocaine ndiyo chinhu chinodiwa neWarrior kupfuura zvimwe zvinhu.

Hama harina. Bhuku rekuti "compendium" rinoratidza zvakajeka: murume ane "Warrior constitution" anofarira zvinonyadzisa—cocaine, methamphetamine, caffeine yakawanda—uyewo kufarirwa kwezviito: kutamba mabheti, kunyenganyenga, mitambo inenge ine ngozi, uye zvebanga. Zvinonyadzisa izvo zvinoita kuti muviri uwedzere dopamine nekukurumidza kupfuura zvaanogona kuzvidzorera, zvichipa mumwe "kunzwa kweupenyu" kwakasiyana neizvozvo aizozonzwa kana akanga asina chinhu.

Kuziva izvi hakusi chinhu chekukurudzira. Ndiyo nyaya yekutanga yezvinhu zvose zvinotevera. Cocaine yakashandisa kusagadzikana mumuviri, asi haina kuita kuti uvire dambudziko remuviri. Kuregererwa kunoreva kugadzirisa simba remuviri pasina chinhu chinonetsa – hupenyu hwakagadzirirwa zvinodiwa nemuviri wechiitende, uye zvinhu izvi hazvifanire kuita kuti uve nechirwere chemwoyo paunenge wapedza makore 32.

Cocaine inofanana ne-methamphetamine munzira dzakasiyana, uye kusiyana kwakadai kunogona kuchinja nzira yekubudirira. Iyo meth inounza kushanduka kwe-dopamine nekudonha kwezvinhu zvinodzorera, asi cocaine inoisa pfungwa dopamine, serotonin, NE norepinephrine pakutanga - kuita kuti zvinhu zvose zvidzorere zvepakati zvibude uye izvi zvinova chinhu chinotumira cocaine. Kusiyana kwakadai kunoreva kuti system ye-serotonin inogona kukanganiswa pamwe chete ne-dopamine, uye kushanduka kwe-norepinephrine ndiyo inovhura ngozi yekukonzera matambudziko emwoyo. Nzira yekubudirira inoongorora zvesarudzo mitatu.

Uye pane zvakanyanya kusununguka zvekushandiswa kwezvimwe zvinogona kuwedzerwa mumombe, chinhu chiri pachena chinoitika uye chinofanira kuitirwa kwete nezvakawanda: zvimiro zvakawanda zve"cocaine" mudenda rinozvirehwa nemishonga inonzi levamisole, inoshandiswa kunyora mabwe. Iyi mishonga inoderedza nhanho dzezvirwere uye inogona kuita kuti munhu afe. Iri hondo haisi chinhu chinofanirwa kuvharidzwa. Inonyorwa, inozarara, uye isingazivikanwi zvakakwana. Ichava nechikamu chedu chakapedzwa mumubvunzo uyu.

Section 0 - Chengetedzo Yekupfuura: Verengai Izvi Pakutanga.

⚠ COCAINE inokonzera kushungurudzika kwechipfuva (heart attack) uye stroke kuvanhu vaduku, vanovheneka, vasina nyaya yekushungurudzika kwechipfuva yavo. Kana iwe uchinzwa kurwadza muchipfuva, kurwadza mumuviri wemeso, kurwadza mumaoko akaremara, kushanduka kwemunopera, kana kurota kwakanyanya pakarepo panguva yekushandisa cocaine kana munguva yakatevera - bhura 994 nekukurumidza. Usamirire.

Kukanganiswa Kwemoyo.

THE CENTURION - Nzira yekuparadzwa inonyatsopedzisa iyo inozivikanamo pachake mu cocaine pakati pezvimwe zvinokonzera kufara.

Cocaine inokonzera zvikonzerero zvepakati pevhu neakashandiswa nzira mitatu dzinoshanda pamwechete, uye zvinoita kuti pfuve ibude nezvinetso zvinopesana nemamwe masosi anowanikwa:

Maitiro.	Zvinoreva here kuti zvinokanganisa moyo here?	Chii chinodaro kuti zvishise vanhu vechidiki?
Kushungurudzwa kwevhenaseri.	Cocaine inokonzera kukwenyara kwakadzika uye nekukurumidza kwevamwe vayo emuviri wezvombo zvinonyanya kushanda – zvimwi zvinoita kuti mwoyo ushande. Mupungwa unogona kuvharidzira zvachose, uchiita kuti mwoyo usvike nezvombo.	Munhu ane makore 25, uyo anoshanda zvakanaka mumapungwe ake, anogona kuva nemubvondo wepanguva imwechete nekuda kwecocaine nekuti kusanzwisiswa—kwete kunyengera—kunokanganisa pfungwa iyi. Zvikonzeri zvemagetsi ekuderedza ngozi dzekurwara kwepanguva dziri pachena, asi hazvifanire. Mapungwe anogona kukanganiswa uye akangofanira kuvharidzwa.
Kudonha kwe norepinephrine.	Kukoka kwe-norepinephrine kunobva muchitofu checocaine kunounza kuvakwikwi kwemhando yekushanduka yemivairo yemuropa: kuwanda kwekudonha remwoyo, kuwanda kwepressha yeropa, uye kuwedzera kwebasa remoyo.	Mwoyo unoda kushanda nemhepo yakanaka zvakanyanya, asi panguva imwechete, kuvanzwa kwemutope kunogona kudzikira nekuda kwevasospazimu. Kuzvibatanidza—kushanda zvakanyanya, kudzikiswa kwekudzikira—ndiyo nzira yekurapwa kwechipatara chemwoyo (myocardial infarction).

Kuunganidzwa kwemapureteni.	Cocaine inowedza kuwedzera kushandiswa uye kukonirana kweplatelets – iyo nzira yekubatanidzwa. Kana painenge pasina vamwe mafungidzo, kusangana kwakadai kunowanikwa nemamiriro ezvinhu akadaro senyanga dzinoparara uye kudzimbisa kwezvimedu zvekudonha mwoyo, kuumbwa kwechipatwa panzvimbo yacho kunenge kuchidikanwa.	Maitiro ekuti "triple mechanism" - kushungurudzwa kwemauto, kuwedzera basa remwoyo, uye kusimudzira kugadzirwa kwechipatara - zvinoreva kuti ngozi yemoyo inokonzerwa nekokaine haisi kukura nemakore. Munhu ane makore 28 anogona kufa nekuda kwemoyo (MI) kubva pakushandiswa kamwe chete, asi mune mamamiriro akanganisira.

⚠ COCAINE + MWEWA = COCAETHYLENE. KUKO KWENYU KWEZVIMWE IZVI ZVINOKONZESA DZIVHA DZECHIPO, uye inova nemhedzisiro yakakura mumamweva anobva ne cocaine. USAKANGANISI.

Kana cocaine uye doro dzikabatwa pamwechete, chiedza chinogadzira cocaethylene – chinhu chinoshanda mumuviri chinenge chine hupfumi hwakadaro kupfuura cocaine, uye chinonyanya kuita zvimwe zvinotyisa kwazvo kune simba remwoyo, uye kunyanya kuchinja mwoyo nekufa kupfuura nezvimwe zviduku. Kunyorera kwevanhu vekunyora kuti vanoda kushandisa doro pamwechete ne cocaine kuti "vadzikise zvinhu" kunogadzira chinhu chinoshanda mumuviri chinonyanya kutyisa kupfuura nezviduku. Iyi haisi sayenzi yekushandiswa kwezvimiro - iyi ndiyo nzira inonzi yevanhu vanofa vachitora cocaine.

Kurondedzera uye Kupindura Kune Overdose.

- Kurwadza mumutsvene, kunyanya kana uchinzwa kufamba kwechipoto kana kuoma – ino inogona kuva nhonga yekurapa yechisungo. Dhaya 994. Usafunge kuti zvinenge kushungurudzika.
- Kunenge zvinhu zvinonyanya kuita, kana kuti kunyenganyenga: kufa kwechipfuva. Kana uchinzwa kurwadza mumuviri wako, kana kuti mumwe wezvimiro zvakataurwa pazasi apa, ndokumbira kuti utarise chiremba.

  Kurwadza mumuromo kana kurwadza murumwe ruoko - kusagona kwechipfuva. Simba rezvekare, ndokumbira kuti uronge kuti uende kuchipatara nekukurukidza.
- Kurwadza kwepamwoyo uye kwakadaro - inogona kuva chirwere chekuputika mune utano hwemoyo. Fona 994 pakarepo.
- Kusavazve, kutaura kwekusava nechokwadi, kuparara kwemurwere, kusanzwa mumuviri - inongoita chirwere chemwoyo. Fona 994 pakarepo.
- Kukuvadza - Kukuvadza kunokonzerwa nechioko chemhunganisa (cocaine) ndiko kukurumidza kwehutano. Dhaya 994. Sarudza murwere achitambira.

- Hyperthermia (temberature yemuropa inopfuura 104°F) - dzisa temberature nekukurumidza (sarudza maguru emvura anodziya pamusoro, mumapfupa, uye munzvimbo yekubata) uye nhare ye911.
- Kushoma kwakanyanya, kunyemwerera, kana kushungurudzika - kushungurudzika kwevanhu zvinoitwa nekokaine. Tora munhu uyu kubva panzvimbo inokonzera kushomo. Fona 994 kana pane ngozi yekurova kana kuti kana munhu uyu asina kuchengetedzwa.

Hatina chinhu chinogona kushandiswa kuporesa munhu ane utsinye hwecocaine zvakafanana neNaloxone inoshandiswa kuopioids. Kurapa kunoitwa nekubatsira - kuitirisa matambudziko emoyo, mwozo, uye temberatura apo cocaine ichiita kuti muviri uderere. Nguva uye kubatsira ndizvo zvinonyanya kushandiswa pakurapa.

Kukakwiridza kweLevamisole – Zvakaita Zvinonyadzisa, Asi Hanzvadzo Dzinoreva.

THE CENTURION — Dzimwe nguva, chikafu chekudya kwevhidhiyo chinowanikwa mumamiriro ekushandiswa kunenge chakazara nechiropa.

Levamisole ndiro chinhidzo chinopisa mwoyo (chinobvisa mwoyo) chinoshandiswa muzvimbogupfano zvekurapa zvayo. Yakawanikwa mumamiriro ekudonha kwecocaine akawanda akayerwa muUnited States neEurope kwemakore anopfuura gumi. Chikonzero nekuti inowedzererwa cocaine hazvizivikaneke zvachose - ingangodaro inonyatsoita kuti cocaina ive nemasimba, asi kana isiriwo, ingangove chinhidzo chinowedzera huwandu hwecocaine kubva kumakumbo akabviswa.

Ngozi: Levamisole inokonzera agranulocytosis - kupera kana kukuvara kwezvirwere zvemwoyo (zvakanyanya neutrophils). Pasina neutrophils, mivairo yekudzivirira haigoni kurwisa utachiona hwebakteria. Agranulocytosis inogona kukonzerwa nelevamisole iri mumombe yakasvibiswa necocaine uye inogona kuita kuti murwere afa.

⚠ ZVIRATIDZO ZVEKUKOSHA KWEMUTSWIRI WELEVAMISOLE: Kushisa, matambari mumuromo, kurwadza kwakanyanya mumuroro, kana kufungira kwezvirwere. Kana iwe uchishandisa cocaine uye uine chero zvimwe zveizvi zviratidzo — ndokutangaenda kuchipatara rekushanda nekukurumazana uye uripombe kuti waishandisa cocaine. Bheji rakaderera remwedzi rinogona kuongorora agranulocytosis. Rinogona kurapwa kana rakatangwa munguva, uye zvakakosha kurega kushandisa cocaine.

- Levamisole inowanikwa mumhando dzekokaini dzakawanda, inenge 70-80% yezvakaitiswa muUnited States.
- Agranulocytosis inoratidzwa kuvanhu vanenge vakatanga kushandiswa levamisole, uye iyi inoratidza kuti inoitika kumakumi katatu kusvika makumi masere yevarwere.

- Zviratidzo zvakawanda zvinowanzotanga kupenya mwedzi mumwe kusvika mitatu mushure kwekusangana, uye dzinogona kufanana nezviratidzo zvekurwara kwepamwoyo.
- Kurapa: Zvichepo cocaine zvachangu uye zvichenese kushandiswa kwelevamisole. Kugadzirisa kweagranulocytosis kazhinji kunobva mwedzi mitanhatu kusvika mitatu mushure mekuchenesa. Mazvakangoita anodiwa kuti aruruke muchipatara uye vovigadziriswe negranulocyte colony-stimulating factor (G-CSF).
- Mabhuruwa ekutsvagisa Fentanyl haaburi levamisole. Parizvino, hapana bvunzo yekushandiswa nevanhu yakanyatsogadzikidzwa yekutarisa levamisole. Chengetedzo chaiyo ndeyekuziva kuti inowanikwa mumafuta akawanda uye kuchenesa zviratidzo.

Section 1 — Zvaidikanako neCocaine kune Moyo Yenyu.

THE CENTURION - Bhatro Rinenge Rakatanga Kushanduka Mupfungwa Wemwoyo.

Cocaine inzvimbo yezvakaderedzwa mitatu: inobamira zvakawanda zvinoshanda, senge iyo dopamine transporter (DAT), iyo serotonin transporter (SERT), uye iyo norepinephrine transporter (NET). Izvi ndizvo zvinotungamirira cocaine kubva ku-methamphetamine, yaingoderedza kupwanya kwe-dopamine. Cocaine haideredzi kupwanya - inobamira kufamba kwemukati, zvinoita kuti dopamine, serotonin, uye norepinephrine dzive mumatombo kuitika zvinenge nguva yakareba kupfuura zvakaita munguva dzekupfupa.

Chikonzero nde kuti, kuwanda kwakakosha uye kunenge kufamba zvine hutachiona mumisiyano mitatu yemonomaini - zvinoguma nechimiro chakasiyana chekushandiswa kwecocaine: mufaro wakakura uye kuzviziva (dopamine), kugadzikana uye kuvimba nemunhu (serotonin), simba uye kunyatsokwanisa (norepinephrine). Iyi "triple hit" ndiyo yechokwadi ye cocaine. Uye ndeiyi inoguma kuti kushandiswa kwecocaine kungava nekupera kwakaipa uye kwakazara kupfuura kushandiswa kwekudiki dzinogona kukonzera simba.

Maitiro ayo anogumburira cocaine:

* **System 1: Inzara uye kufema.**
* **System 2: Mwoyo uye mitsumo.**
* **System 3: Mafungiziro uye kutarisira.**

System	Chii chakaitwa nekokaini?	Chii chinodiwa pakudzoka kwangu.
Dopamine (kudzivirirwa kweDAT).	Yakavharidzira mutsotsi we-dopamine - yakaramba kupinzwa kwedopamine, zvichireva kuti dopamine yakagara mune synapse kwenguva kureba, nguva dzinenge 3–5x dzakawanda kupfuura kungavaenzaniso. Chiratidzo chekusimbisa chakangonzwika uye chakarenga. Ma-receptors eD2 akaderera nhamba nekuda kwekuvharidzwa	Kudzidziswa kwezvirimwa zveD2 kuburikidzo yekumhara uye kusimbisa kweBDNF. Tsigiro yevakadzi dzinobva kudopamine (tyrosine). Dhizaini yakasimba yehutano hunowanikwa zvakanyanya. Kunyoresa kwemamiroro, kunenge kusina ruvara, kwekutanga kwekurapwa kweiyo cocaine inoratidza kushoma kwezvirimwa zveD2 - zvirimwa izvo zvainge zvakanzwa chiratidzo zvakapera nguva dzakati. Zvazvinoenderana. Dzidzise muviri kuti uwedzere.

	kwenguva refu.	
Serotonini (kudzivirira SERT).	Kukanganisa serotonin - kunyatswa kwe serotonin inokonzera kuzwira zvakanaka, kuvimba, uye kufara mune zvinangwa zvepakati. Kushandiswa kwenguva refu kunogona kuderedza huwandano hwe serotonin mumuviri munguva pfupi.	Kudzorora serotonin uchishandiswa 5-HTP ne 5-MTHF. Iri ndiyo imwe pfungwa yekudzorerwa kubva kuchokwadi, uye bhuku rekuti "stimulant guide (meth)" harina kuzviongorora zvakadzika—nekuti zvinangwa zvemeth pa serotonin hazviwanzo kuve zvakakosha, asi zvezvekuchokwadi ndizvo. Kunyarara kwevanhu kwavaifunga kuti kuchokwadi kwaipa kunyatsogona kukanganiswa ne serotonin, uye izvozvo zvinofanirwa kudzorerwa nemamiriro emuviri.
Norepinephrine (kushorwa kweNET).	Kudzika kunyoresa kwe norepinephrine - zvinoita kuti muve nemhepo, kufara, kuzvipira, uye simba remuviri, sezvakaita cocaine. Asi inogonawo kuita ngozi kune moyo: kusimba kwemoyo, kukwinha kwechipwere, uye kushivirira kwemauto emwedzi.	Kudzidzisa HPA axis kuti idzorwe zvayo. Kushandiswa kwecocaine kwenguva refu kunokonzera kushanda kwehutano hwenyorepinephrine, uye izvi zvinogona kuita kuti munhu ave nemufaro wekushaya simba uye kusavapo kweruzivo munguva yekutanga yekudzoka. Kuita mabasa (izvo anowedzera norepinephrine nenzira inochengetedza) ndiyo nzira huru yekubatsira nyorepinephrine.
Medyo inoketsa yemuno (kudzora kwechaneli ye sodium).	Cocaine ndiro chinhu chinonyangadza zvakawanda chinoshandiswa nezvakatadza, uye chinoitawo sechinodhaka - chinobvisa midziyo ye sodium mumamamu emagadzirongoro. Iri ndiyo nzira yekushandisa cocaine muutano, uye inotsanangura kuti nei munhu anonzwa kusanzwa apo achishandisa chinhu ichi mumuromo wake.	Kukuvadzwa kwemumiro wepwere nekuda kwekushandiswa kwecocaine kwenguva refu kunowanikwa zvakawanda, zvinenge zvakubva pakukuvara kwemishonga inonyangadza yemamwe masero emumiro wepwere uye zvakare kubva mune zvimwe zviito zvekunyudza midziyo inobvisa ropa. Kuchena kwevashevedzwa mumumiro wepwere kunoda kuti ushandise cocaine - uye kuongororwa nemunhu ane ruzivo nezve masero emuviri (ENT) kana painenge pasina kukuvadzwa kwemamirwo.

Architecture yekushanduka nekukurumidza – Zvaanogona Kuchinja Coca.

THE CENTURION - Hupeny Mafupi Akaita kuti Uve Nezvido Zvekutanga.

Cocaine inogara mumutumbi kwemaminiti angango 45 kusvika 90. Iri nguva pfupi ndiyo inoita kuti vanhu vashandise cocaine zvakawanda munguva imwechete, chinhu chiri pachena kupfuura kune zvinangwa zvekunyengera zvimwe. Saka,

methamphetamine (inoitwa kwemaminiti 10 kusvika 12), inogona kuita kuti munhu azvitambe kwemaawa akawanda, asi cocaine inoitika maminiti 15 kusvika 30 uye inenge yasara kwemaawa mashoma.

Mhinduro yemwoyo kune iyi cycle: kudonha kwe dopamine kwakaitwa nemutsetse wekutanga kunoteverwa nekudonha zvishoma-shoma mumaminitsi mashanu, - kudonha kwe dopamine sezvo kudonha kwakadaro kunopisa nekukurumidza kupfuura nezvekuti ma receptor e D2 anogona kuzvidzoresa. Mutsetse wechipiri unoshandiswa kwete kuti kuti ufunge, asi kuti kudzivise kupera. Mutsetse wechitatu unoshandiswa kwete kuti kuti ufunge, asi kuti kudzivise kupera kubva kumutsetse wechipiri. Upenyu hwakadai huchidzika kusvika mutengi anotadza kuzvitamba, asi kunogumira apo zvinhu zvaoma.

Iyi mbavha yekudya yakareba inzira iyo yemararama emuropa ye cocaine - yakavakwa mumatombo emwedzi. Kunzwisisa iyi chinhu hakusi chikonzero. Ndicho chishuva ichiita kuti kuoma kudzima apo "chete imwe mutsara" zvakanyanya, nekuti haina kufanana nemubati une mwedzi yakareba.

Cocaine: Mitambo, Nzira Dzekushandisa, uye Kusiyana Kwadzo.

Fomu.	Ngarira.	Kutanga / kupfuura.	Zvakakosha kuti zvinotarisirwa pakudzoka zvakare kuupenyu hwakanaka.
Cocaine hydrochloride (ruvara).	Mubudisi nemuromo.	3-5 maminiti yekutanga kushanda / 20-30 maminiti.	Mhando yekushandiswa inonyanya kuve yakaita. Kukonzera kukuvara kwehutsinye hwehunyoro (perforation), kushaikwa kwemvumo, kurutidzika rwenguva refu mune utsinye, kusaziva hunhu (anosmia). Zvakakosha kuti vafambi vekutsvakurudza zvinhu zvinoshanda mumuviri (ENT) vakange vasvika kana kushandiswa kwacho kuchangobva. Kudedera kweLevamisole kunonyanya kuve pachena mune michero yekokaini inotengeswa pamusoro. Kunzwa hunhu hwekokaini ('clinical edge') yakanyorwa muchinyorwa panguva yekudzoka kubudiriro - moyo unogadzirira uye anoziva hunhu hwacho.
Crack cocaine / freebase.	Kudhizwa (nekufumisa) .	8-10 sekondi yekutanga / 10-15 maminiti.	Iyo nguva yekupinda munyama yechero nzira yekushandisa cocaine inenge yakafupi, uye iro kuwanda kwakanyanya kunogona kukonzera kushandiswa kwezvinodhaka zvine ngozi zvikuru uye kuvapo kwekufamba-famba. Zvinetso zvemuropa: 'crack lung' (kurwadza

			muropa), kururama, kupisa mumwoyo. Iyo nguva pfupi yekushanda kwezvinodhaka (maminiti 10–15) inogona kukonzera kuda kudzokorora kushandiswa kazhinji. Nyaya dzevamwe vanhu uye zvinhu zvemari dzinoshandiswa nevanoshandisa 'crack' hadzina kufanana, saka inoda kuti zvinhu zvemunharaunda zvienderane nazvo.
Cocaine hydrochloride	Muvhengo wekudonha zvinhu mumutsipa.	Mungwaro / mamineti 10-20.	Kugadzirwa kwakanakudaro - dosage yese inosvika mumutsipa masekondi mashoma. Inenge yakanyanya kuita kuti munhu ave nemutsvairo. Njodzi dzinowanikwa pakushandiswa kwezvinwiwa: kukuvadzika kwebhuku, endocarditis, kutaurwa kweHIV/hepatitis C, uye zvirwere zvepakukwira kwemano. Kufuridzirwa kwezvinhu zvine utachiona uye kuchenesa kwemaronda ndezvinhu zvinonyanya kufungirirwa pamwe chete nekurapa kwemitsvairo.
Cocaine hydrochloride	Kushandiswa kwezvirume kana kushambidza mumuromo (nyeredzi).	30-45 maminiti yekutanga kushanda / 60+ mamineti.	Kushandiswa kwehutano hwemakungwa eCoca muSouth America (kudya makungwa). Inoita kuti pfungwaidzo dzinenge dziri pasi uye inonetsa zvishoma kuva nemutsvime kana ichienzaniswa nezvimwe zvirimbi. Izvi zvinonyanya kushandiswawo kuti tive kuziva kuti kushandiswa kwehutano hwemakungwa eCoca kwakaenzana neiyo yemararama emukokoine hydrochloride.
Cocaine + doro → Cocaethylene.	Chero nzira + doro rakwaya.	Kudura - nguva inowedzera kupfuura iyo yachoine cocaine.	Iko inogadzira cocaethylene – kuva nemigumisiro inodarika, kushandiswa kwehutano hwechipfuuro kunenge kuchipa ngozi huru, uye kufa kunenge kuchidikanwa zvakanyanya. Hazi zvepakupinza zviviri pamwechete. Ndiyo kugadzirwa kwechimiro chechitatu, chinonyanya ngozi mukati memuviri. Kushandiswa kwemigumisiro inobatanidzwa ndiko kunoita kuti kufa nekuda kwecocaine zvakawanda zvaungana nekuva nemhiridzo.

Zvaikuitwa neCocaine - Runyorero rweVhakatendi zveKuvimbisa.

THE CENTURION - Upenyu Hwaingavaidzwa Nehutano Hwehunyanzvi Hwemwoyo.

Chinyorwa chinozivisa zvakajeka: cocaine inogona kupa "kunyatsokonzera kunzwa kweupenyu kwakaenzana nekuti hupenyu hwemunhu hunobva kuzano" kuvarume vane mafomu eCOMT. Iyi haisi mashoko akanaka, asi chokwadi chemwoyo wehutano hwevanhu nezvemafomu emusoro ane COMT akadzika (Val/Val) anogona kukanganisa dopamine nekukurumidza zvekuti zvinhu zvakajairwa muupenyu - zvitendero, kubatana nemunhu, uye zvinhu zvakanaka - hadzina kugona kupa mhedziso yakarurama yechiratidziko chinenge chamirirwe nemusoro.

Mwoyo we "warrior" panguva yekutanga anonzwa sekunge unoshanda zvakaderera. Haisi kunonzi kufara, asi kunge nyika inenge yakashata zvishoma kupfuura zvaanofanira kuita. Kunge chiratidzo chekugutsikana chiri ikoko, asi chakadzikiswa. Kunge uri kutarisa hupenyu hwako kubva kumusoro wefeneti. Cocaine inobvisa feneti iyoyo. Zvinhu zvose zvinenge zvakangoita, zvepakarefu, uye zvemagetsi. Kutaura kunenge kuchinja kuve chakanyanya kusimba. Mimhanzi inenge ichinge kuva mimhanzi yakanyanya kushamisika yakanzwa. Basa rinenge richinge kuve basa rakanyanya kufadza.

Haisi zvinhu zvekufungidzira. Izvi ndizvo zvaunonzwa kana dopamaini ichiita basa rakakodzera mumuviri wemwoyo weumwe munhu uyo asina kumbomirirwa neiyi kemikari.

Kuziva izvi hakusi kuita kuti kokaire zvive chakakodzera. Izvo zvinoratidza maitiro ekudzorerwa: mwoyo we"Warrior" unoda kuvhunduka kwechaizvo, kufara kwechaizvo, uye kusimbiswa kwechaizvo - kunogadzirwa nemabviro asingakonzere kurova kwemoyo. Kokaire yaive nepi? Chengeta urondedzero yezvinhu zvese. Gadzira nzvimbo dzese dzekushandisa.

Sezheni 2 - Dhizaini Yemajiniro Ako.

Cocaine inzvimbo yekutanga pakati pezvezvinhu zvose zveboka iri, nekuti inenge yakanyatsogadziridzwa uye inobva mumamiriro ezvakatjirika zvemwoyo. Chirevo ichi chiri pachena: mwoyo wevanhu vanoita basa remahara (COMT) wevanhu vane genotype ye(Val/Val) ndiye anenge akanyatsosarirwa ne cocaine. Mazhinji ari pasi apa anotibatsira kunzwisisa kwete kunguva yekutapwa, asiwo maitiro ekubudirira mukudzorerwa kwehutano, zvine unhu husingawanzoitika.

Bhunu Rekutsvakurudza DNA Remhando Dzekuputsa Kushandiswa Kwecocaine.

Jeni.	Chii chinodzorwa	Zvinhu zvikuru.	Kukosheswa kwechioko.
COMT	Dopamine, norepinephrine, uye epinephrine yekuderera - gene yepamutemo inongoita basa.	Val158Met (rs4680) — Val/Val (Warrior) ndiyo inonyanya kushandiswa.	Gene rekodhi yekutarisira kushanduka kwechiokoine - bhuku iri rinoratidza zvakajeka izvi. Val/Val (Warrior) inenge yakadzika COMT: dopamine inobviswa nekukurumazana → kunyanya, kusavhurarama pachinzvimbo chekare → chiokoine chinopa dopamine yakananga, uye panguva pfupi ichi, inodzorerutsa kushandiswa kwakadzikira. Dhizaini yekudzokera kwevanhu vane Val/Val: gadza upenyu hwemufaro wezvemukati uye nehutano hwekusimbisa zvinhu zvinonakidza. Upenyu hwusinge nyore hunenge husina kunaka kune vanhu venguva dzakadai. Usagadzire nzira yekudzokera yevanhu vamunoda kuti mave. Gadza iyo yebrain yako.
DAT1 / SLC6A3	Dopamine transporter - chinhu chinonyanya kukwikwa nemudziyo wecocaine.	10-kudaira kweVNTR allele (rs28363170).	Dopamine transporter inzvo molecule inova yakaumbwa nekokaini. Zvido zveDAT1 zvinokanganisa huwandu uye basa reDAT. Vanhu vane huwandu hwakakura hweDAT (allele ine makore gumi) vanogona kuita kuti dopamine ibviswe zvimwe nekukurumidza, uye vangava nechinzvimbo chekokaini chinonyatsopedzisa kunyenganyenga kwacho kupfuura avo vane huwandu hwakadzikira hweDAT. Zvakakoshawo kune ADHD — DAT1 ine makore gumi inowanikwa

			nevanhu vane ADHD, uye kokaini inzvo nzira yekurapa yechimiro cheADHD.
DRD2 / ANKK1	Kudhedza kweiyo receptor yeDopamine D2 - iyo "receiver" inogamuchira dopamaini yakawanda inobva kuchakisi.	Taq1A (rs1800497) — allele A1.	A1 allele (kuvaka huwandu hwepasi redziri pasi reD2) inogadzira Reward Deficiency Syndrome - iyo "usingaendi kupfuura" yekutanga yechirwere. Kana ichidaro, pamwe neVal/Val COMT (kudzikiswa kwemahara) NEhuwandu hweD2 hwapasi, cocaine inopa runyarwa kune kushoma kwe dopamine kunonyanya kuipa. Kurapa kunofanira kuvaka masosi akawanda e dopamine panguva imwechete - runyarwa rakangobva kumhando imwe chete rechisikidiki richava pasi zvachiri nyore nekuda kweiyi profile yekushoma kwemakumbo maviri.
SLC6A4 / 5-HTTLPR	Kusimbisa kwe serotonin transporter - chinongonangwa nehutano hwekokaine.	Mifupi/mifupi, marefu/marefu, kana allele dzakasiyana.	Cocaine inobvisa SERT - iyo serotonin transporter. Zvido zve SLC6A4 zvinoratidza huwandu hweiyo serotonin transporter kuita kuti zvive pachena, uye saka huwandu hwemhedzisiro ye cocaine pane serotonin. Vanhu vane "long/long" (huwandu hwepamusoro hwe-SERT) vanogona kuziva mhedzisiro yakakura mumamiriro ezvinhu senge kufara, kuvimba, uye kunyatsonzwa manzwiro. Kupona kunofanira kutarisa kugadzirisa serotonin pamwe chete nedopamine.
MTHFR	Methylation - nyaya yekuyambisa kuita kwekuumbwa kwemakemikari anogadzira mashoko.	C677T (rs1801133), A1298C (rs1801131)	MTHFR variants inoita musimbiswa wekugadzirwa kwe dopamine ne serotonin, zvinoita kuti zvikuvadze zvimwe zviyero zve DAT1/COMT/DRD2 izvo zvainge atove nechido chekushandisa cocaine. 5-MTHF inogona kuve nemhedzisi huru mukudzorerwa kwevashandisi vecocaine vane MTHFR variants nekuti inobatsira kuporesa kusimbiswa kwekugadzirwa kwakanganisika, chinhu chisingawanikwe mumamiriro ezvinhu akawanda. Kunyanya munguva yekutanga yekudzorerwa, kana munhu achinzwa kuti haana chinhu chinonakidza, izvozvo anogona kunge ari nemusimbiswa wekusimbisa, uye kwete kungova

			nechido chekurega kushandisa.
DRD4	Kufarira zvitsva, kunyatsokwanisa kwe-dopamine, mhinduro kune mubvunzo.	allele yechigumi nemakumi mana remwedzi (rs1800955)	Vanhu vane DRD4 ye7-repeat vanoda chinhu chitsva, vanonyatswa zvizhinji, uye vanotarisira mubvunzo. Iri rudzi rwevanhu rinowanikwa kazhinji kune vanoshandisa zvinodhaka uye vane ADHD. Kana DRD4 ye7-repeat iripo pamwe chete neVal/Val COMT uye DRD2 A1, zvido zve"Warrior constitution" zvekuchinja uye kuvandudzwa zvinowedzera. Dhizaini yekubudirira inofanirwa kuve nechinhu chitsva, nyaya dzinonyaradza, uye mubvunzo usina kunyatsofanirwa — kusagadzikana kwekunyanya kungava zvakashata.
CYP3A4	Enzyme inofukidza cocaine mumuviri, inowanikwa muropa.	Inducers vs. inhibitors.	CYP3A4 ndiyo enzyme huru dzinogona kushandiswa nechiropa muropa wekokaini. Zvinangwa zvinodzikisa basa reCYP3A4 (sefluconazole, mazita, antibiotics dzimwe) zvinogona kuwedzera hupfupi hwenguva yechirokaini muropa uye kuwedzerwa zvakanyanya matambudziko ayo. Zvinangwa zvinokurumidza kubvisa chirokaini (CYP3A4 inducers) zvinobvisa chirokaini nekukurumidzira. Inogonawo kunge iri pachena: cocaethylene inogadzirwa kana kokaini uye doro dziri pamwe chete — enzymes dzinoshandiswa nechiropa kuti dziise doro dzinobatanidzwa mukubvisa kokaini, zvinoita kuti cocaethylene inoonekwa, iyo inonyanya kuipa.
BDNF	Neuroplasticity - nzira yekurapa iyo inogona kushandiswa pakubvisa kukanganisa kwakaitwa nechiokoine kune zvinonyanya kushanda zve dopamine.	Val66Met (rs6265)	Cocaine inokanganisa zvakananga BDNF mufrontal cortex uye hippocampus - imwe yemaitiro ayo anokonza kushanda kwenhare, kunyanya kufungidzira. Vanhu vane gene yeMet vanonyorera BDNF pachiyero chapachena pasi, izvo zvinowedzera kuita kuti cocaine ikanganise BDNF. Kuitawo kwekurima hunyoro hakusi chaizvo kuti vafambi vegene yeMet vakwane zvibatsiro nekuti ndiyo nzira huronzwa yekugadzira BDNF iyo cocaine yaipisa.

Kuziva zviratidzo dzechirwere pasina mhedzisiro yemitsetse.

Mabviro ekuyerwa emutsetse wephenotipa anonyanya kuchena pakubata cocaine nekuti iyo "Warrior profile" ine zvirevo zvekufambira zvinopesana.

- Kukoka kuti cocaine yakakubata sezvekuti waenda nemamwe, wakanga unenge uri wepamutemo, uye wakanyatsogadzikana—kwete kungofunga kuti wakanyanya, asi kuti iwe pachako waive pamwero wakanaka? → Zvakaratidza kuti uine "Strong Warrior COMT (Val/Val)" yakakosha. Izvozvi zvaunonzwa sezvekuti uri "pamwero wakanaka" ndezvekuti dopamine inoshanda nemamiriro ayo aidiwo nepfungwa yako, asi pfungwa iyi haigoni kuzvipa izvo zvakanyanya.
- Kana uchidaidzwa, ndapota nyorera zvakanyanya.

  * Kanga wakashandisa cocaine kazhinji mune zvikamu zvepakati—mabasa, maparti, uye manheru ekufara—uye waona kuti yakawedzera kugadzirira kwako kwevakatongofunga?
  * Kuva nepfungwa dzekushandiswa kwe serotonin. Zvakawanda zvakaita seSLC6A4 zvinogona kutsanangura kukwirisa kweiyo yakanaka yekubatsirana.
- Kana uchinzwa kuti mutsara mumwe haasi wekukwana, uye unoda kuwedzera zvimwe? → Izvo zvinonzi "Classic DAT1 10-repeat + DRD2 A1 deficit" - iyo system yekubatsira inenge yakaderedzwa, saka inotora nguva kuti iwane zvinhu.
- Kwakaitirwa here kana kwaitariswa kuti unayo ADHD? → Kunhu kweDAT1 ne10-repeat uye DRD4 ne7-repeat kunowanikwa. Kushandiswa kwecocaine kunoderedza basa reDAT, uye izvi zvinofanana nezvakaita methylphenidate. Izvi anogona kuve kushandisa zvekurapa zvakaitika nekuda kweADHD chaiye.
- Kana basa remoyo risiri kufara zvakare, asi richirarama—sekunge nyika inofanira kuve nemufaro kupfuura nezvakaita? → Iri ndiyo hunhu hwemurume ane COMT yeVal/Val. Kunyarara kwehunhu kwakadai kunoratidza kuti muviri unovandudzwa pasina kemikari. Izvo zvakaitika, zvaakaruka, uye ndizvo zvinofanira kuitika pakudzoka kuupenyu hwakanaka.

Sezheni 3 - Mutsetse Wekurapa.

THE CENTURION - Kuparara Kwekutanga Kunoratidza Kupera Kwemamiriro Ekuderera.

Kukanganisa kwecocaine hakusi kuita kuti munhu asvike pakukonewa, semhando dzekuderedza kusanzwa dzesei uye benzodiazepines. Hakusi kuzoita ngozi kune moyo nemwozo, sezvaanogona kuita cocaine yakashandiswa munguva pfupi. Asi, chinokonzera ndeiyi: kushoma kwakanyanya kwe dopamine mumuviri, nekuti iyo system yacho yainge yasvitswa neiyo uye ikozvino yasara isina chinhu.

Chinyorwa ichi chinodaro zvinodiwa nezvinhu zvinonyadza: iyo system iri pachinzira chekushandisa simba shoma. Hapana chinhu chinoita kuti munhu azwisisise kana kuti achida kuita. Dhirayamu yemitambo yekubvisa zvinhu zvinonyadza inodaro 60–80 BPM, mitambo inokwezva, uye mabhinhi akakura asi echisikigo - nekuti kushandisa simba rakawanda mumutambo ku system yakaderera kunogona kukonzera mashizha emusoro panze pane kuti zvibatsire.

Kukanganiswa kwecocaine hakuna ngozvizvo zvehutano, asi kunetsa zvakanyanya pfungwa. Uku kusanzwisiswa kwepfungwa kunowanikwa kazhinji kupfuura nehuwandu hwecocaine iro rainge rachinja zvinhu mumuviri.

Mhanyiro wekudzokera kunzwa.

Zvinoreva chikamu chemwimbi, kana kuti nguva yakatarwa.	Bhayoloji.	Zviratidzo.	Zvinoita sei?
The Crash (Maawa 0-24)	Dopamine, serotonin, uye norepinephrine dzakaderera; D2 receptors dzasvika pazasi; sisitimu yekubatsira yasvika pazasi; HPA axis yakapera simba.	Kurwadza kwakanyanya uye kururama kwechinguva chehupenyu, kunyemwerera kwakadaro uye kusagadzikana, kushungurudzika zvakanyanya (kazhinji kune zvinonhuwirira uye carbohydrates), kutya nekunetsa, kuda zvinodhaka zvine simba.	Dzorera. Dya. Inwa mvura. Chengeta Protocol 01. Haisi ngu yekurwisa zvaitika – iyi ndiyo kutanga kwekurapa. Zvaaita ari chiedza chemuviri chichida kuti urapwe, zvausingave wakazviita panguva yekudya kwakawanda. Regai izvi zvitambe.
The Honeymoon	Kudzoka kwepamirevo	Kugadzirisa zvinoenderera	Usamufukidzi hondo yechikwereti sekupona

(Mazuva 1-3)	yedopamine kwakadaro, kunenge kuchinja kwekuratidza kwezviratidziri zveD2; iyo HPA axis yakadzokera zvishoma; kuita sezvekuti zvakakonzerwa nekudzoka.	mushure kwekutambura; simba richidzorwa; mufaro uchikwidza; kufungidzira kuchitarisika - nguva iyi inogona kunzwa sekuti 'ndapedza nyaya yakaoma.'	kwakazara. Iri kupokana pasi pezvisina zvizhinji, asi hakusi chinhu chakajairwa. Kushungurudzika kuchadzikira, kazhinji kusingaderere, mune imwe nharau inotevera. Shandisa nguva iyi kuita zvinodiwa zvekuwedzera, kuumba maitiro ekufamba, uye kunyoresa nzvimbo yekuita zvinhu kuti ubikire pakutanga kweimwe nharau inorwadzisa iri pamberi.
Nguva yekubvisa zvinodhaka (mazuva 3-28).	DRD2 inoratidza kupenya uye kunonaka, asi inenge yakaderera; kuumbwa kwe dopamine kuchiri kudzoka, asi kusati kwakadzikira sebere. BDNF iri pasi; kushungurudzika (anhedonia) ndiyo inonyatsoita.	Anhedhonia inenge isina kunyatsoiswa – kusagona kuzorora nezvinhu zvainge zvakaita kuti uzozorora kare; kufa nekuda kwezviito zvimwechetezvo; kurwadziwa; kushoma kwemufaro; kusagona kufunga zvakanaka; kusagona kuroorera; kunetseka; kusagadzikana; kupera simba.	Iyi ndangariro yenguva yekudzoka inenge ine ngozi huru. Kunze kwekunakidzwa, kunyanya kufunga nezvekusagadzikana kwemamiriro ekubudirira. Zvinonyatsoita kuti munhu afunge kuti: "Ndiri kuedza chimwe chinhu chepangu chete kuti ndife nyore." Kuzvidzora nemaitiro akasiyana (Protocol 05) kunokakosha zvikuru. Kurapa kwese kuchidikanwa kunofanirwa kuenderera. Kufamba kunotanga - BDNF inzvimbo yekubudirira. Mutsigero unodiwa zvakanyanya.
Kudzoka kwekutanga (mwedzi 1-3).	DRD2 iri kushanduka zvinoenderera, BDNF irikudzikira; kuumbwa kwe dopamine kwakazara; sisitimu ye serotonin iri kuzorodzwa; HPA axis iri kukunda.	Kuderera kwekunaka mumaitiro, kufamba kwemoyo; mazuva akaringana ekufara ari kuuya; kunyatsoona zvinhu kuri kureruka; zviratidzo zvePAWS (Post-Acute Withdrawal Syndrome) zvinogona kuita; kutsvaira kunenge kuchitika pangu nguva dzidzichena uye kunetsa nechimiro, kwete kungava	Maitiro ekushanduka kwezviratidzo zvepakukomberedza cocaine inotevera chimiro chekufungira kwakasimba uye nekukurumwa (kazhinji kunokonzerwa nezviyero zviri padyo) pamwe nekusagadzikana kwe dopamine. Chengeta zvinokonzera izvi zvakanyatsochengetwa. Dhizaini yezvinhu zvinofadza zvechisimba inobva yasimba sezvo maD2 receptors anovandudzuka.

		chinhambura.	
Kuvandudzwa (Mwedzi 3-12)	Kugadzirisa zvakakosha kwezvinoreva DRD2; midziyo ye dopamine ne serotonin yakagadziriswa zvakanyanya; BDNF iri panoramba kana pazvakanga ari pakutangira nekufamba kazhinji; hutano hwekuronga hwakagadziriswa.	Kugadzirisa kufara kwakadaro sekwawo; zvido zvinoratidzika munguva dzakasiyana-siyana uye zvinoenderana nemamiriro; kugutsikana kweupenyu kunowanikwa; kuda kuzviita zvinhu kuri kudonha; kuvandudza maitiro ehupenyu.	Dhizira remutsetse wekushandisa zvinodhaka (Section 6) rinotanga kushanda zvakazara. Mwoyo wemumwe munhu ane simba - nemamiriro akanaka - anowana kuvhunduka kwacho chaicho kwaaida nguva dzose. Zvakanyorwa mucompendium, C-28: "Olympian of Nothing" (Mupenyu wezvinhu zvisina chinhu) zvinozove "Olympian of something real" (Mupenyu wechinhu chaihwo).

PAWS mu kupokana ne cocaine.

⚠ COCAINE PAWS inzvimbo inozarwa nekuramba kwezvaunoda zvakanyanya, kazhinji inoitika nekuda kwezvinhu zvinenge uchizviziva—mazwi, kunhuwa, nzvimbo, vanhu. Izvi ndezvekuti unopindira nezvinhu izvo, uye zvinoratidza simba rakakura. Iva nechishandiso chekudzorerera chiri nyore usati yasvika.

Nhengo dzinobva mushure kwekusununguka kubva pakushandisa cocaine inonakidwa nekuramba kuda kunenge kuchikonzwa, iyo imwe yemaitiro anonyanya kusimba ekuramba kuda munyaya dzemishonga. Muvabvu we dopamine wakadzidziswa kuti arambe achida kushandisa cocaine pakanzwa zviratidzo zvine hukama nekushandisa kwacho, uye aizotanga kuvhura mweko yakareba. Mwedzi yakapfuura apo munhu akasununguka, imweimba chaiyo, mamiriro ezvinhu chaiwo, kana kunhuhwirira kwezvinhu zvimwe zvinogona kukonzera kuramba kuda, uye izvozvo zvinenge zvakafanana nemarwadzo ekutanga kusununguka.

Haisi kuuya moyo zvakare. Ndiyo danho re-dopamine rakadzidzwa richishanda nekuda rekudzidziswa kwacho, asi kwete nekuda kwekushandisa kwezvino. Mhinduro ndeyemaitiro ekukanganisa ari muSection 5, uye inofanirwa kushandiswa pakarepo uye pasina kukakavara.

Sezheni rechina - Kugadzirisa Mabviro.

Kukudzorwa kubva pachikomba chinoshandiswa kunyoresa zvinodiwa kunyenganyedza zvinhu mitatu panguva imwechete: dopamine (iyo inonyenganyedza uye inounzwa kuda), serotonin (iyo inounza kugwinya kwevanhu uye mhepo yakanaka), uye norepinephrine (iyo inounza simba uye kunyatsogadzikana). Kuita kuti zvinhu zviite zvakaderera mitatu sezvaizviitwa nechikomba chinoshandiswa kunyoresa zvinodiwa kunyenganyedza, chinongoderedzwa neyekudzorera zvinhu mitatu. Mutsara wekuenzanisa kwezvinhu zvine michimwechete unogadzirisa zvinhu mitatu. Kudzorwa kwemishonga kubva kuzvinetso zvemuenzi (sezvakaita zvekumwoyo, zvenyeredzi, uye zvinorekesa) chinongodzorwa pamwe nekuvhara kwehutano hwehutano.

4.1 — Bhuku reNyenganyiso.

Kuderera kwezvinonyanya zvinhu zvitatu zvemafomu emakemikari (dopamine, serotonin, uye norepinephrine) nekuda kwekushandiswa kwecocaine kwenguva refu kunowedzerwa nekusimama kweiyo yekutsvakurudza yeMTHFR apo iri. Pasina folic acid uye B12 dzinogadziridzwa zvakakwana, nzira dzekugadzira dopamine, serotonin, uye norepinephrine hadzingagonese nemazvo, pasinei nekuti zvinangwa zvekusimudzira zvaunobvumira here.

Supplement	Dosi.	Nguva.	Cocaine-yakakosheswa.
5-MTHF (L-methylfolate)	400–1000 mcg zuva rega rega.	Mangwanani nemakumbo.	Cocaine inokanganisa kushoma kwezvisikwa zvakakosha mitatu mumuviri, saka inoda nzira dzekugadzira zvisikwa izvi zvine hutano hwepamusoro. 5-MTHF ndiyo chinhu chinonyanya kukosha mukugadzirwa kwemazvisikwa mitatu ari pamwechete. Kune vanhu vane utano husingaite (MTHFR variant carriers) avo kushandisa cocaine kwaive chikafu chekudzivirira zvimwe zvikombero, 5-MTHF inenge icho chinhu chinonyanya kubatsira pakutanga kudzokera kwechiporofoto. Dzviga ne400mcg uye wedzera zvishoma nezvishoma.
Methilkobalamini (B12)	1000–2000 mcg	Mangwanani, pasi pemuromo.	Inogara zvakanaka ne5-MTHF. Kushandiswa kwecocaine uye mamwe mafungiro ekufamba (kusavhurwa zvakwayo, kushandiswa kwemwenga,

			kusodziwa) anowedzera kuoma kwebvitamini B12 mumuviri. Zvinhu zvinogumburwa necocaine zvinonyanya kukanganisa "methylation cycle" - nekudaro, kuvandudzika kweB12 kunobatsirawo "methylation cycle" uye kugadzirisa midzi.
P5P (B6 inonyanya).	25–50mg	Mangwanani.	Cofactor yekuita dopamine, serotonin, uye norepinephrine. Kushandiswa kwecocaine kunounza kudiro inokonzera kufa kwemakemikari akawanda mumuviri, saka zvinozowedzera kudikanwa kweenzvimbo dzinoda P5P. Shandisa chete iyo fomu ye pyridoxal-5-phosphate.
Magnesium glycinate.	400–600mg yechiitimu.	Mangwanani nemangwanja.	Cocaine inokanganisa zvakanyanya maginezi - izvi zvinogona kuitika zvakananga kuburikidza nezviratidziko zvemetabolism uye zvakananga nekuda kwekurasa zvinhu zvinodiwa mumuviri uye kusagona kunyara, izvo zvinonetsa munhu anenge achitambura. Kushoma kwemaginezi kunowedzera kushungurudzika, kusaita zvekufunga zvakaringana, ngozi kune moyo, uye kuora kwekunyara - zvese izvi zvinonyanya kukosha pakubudirira mukugadzirisa hutachiona hwecocaine. Kudzikiswa kweshungurudzika nekuda kwekudaro kwemaginezi kunogona kuzivikanwa munguva pfupi, mazuva mashoma.
Zinki.	20–30mg pazuva.	Chisikwa chemangwanani nekurudyiwa.	Zinki inokosha pakugadzira dopamine uye mukushanda kweenzvimbo dzakawanda mumutambo wezvironda zvemonoamine. Kushandiswa kwa cocaine uye kusavapo kwemakwara kunoita kuti zinki idaro. Inobatsirawo mukuita kwehutano, zvinhu izvi zvinonyanya kufungidzwa nekuti levamisole inogona kukonzera agranulocytosis.

4.2 — Kudzorora Dopamine

THE CENTURION - Chinhu Chinongedza Mwoyo Wemhandla - Kukonzera Kudzisa Chiratidzo Chaive Pachakafanira.

Kudzorora dopamine ndiyo basa rakakosha rebyo biology mukudzorerwa kubva kuchokwadi. Muviri wemunhu wainge watambura nedopamine nekuda kwezvikonzerero zhinji, asi chokwadi chakawedzerawo kutambisa dopamine munguva pfupi. Izvi zvakaita kuti muviri utambe nezvakaitika zvinhu zviviri, saka inoda maitiro ekudzorerwa akakosha uye anogadziridzwa nemamirongero akawanda.

Supplement	Dosi.	Nguva.	Zvinongedzwa kuti kushandiswa kwecocaine kunogona kuita zvakanganisa zvinoverengera: * Kuparara kwemwoyo. * Kukonzera utapfu. * Kubuda mwedo. * Kufa.
L-Tirosini.	500–2000mg pazuva.	Mangwanani, pasina protini.	Mubvunzo wekudonha kwe dopamine zvakananga. Bhuku iri rinoreva tyrosine pachake kuti ishandiswe pakurapa kushandiswa kwe cocaine ne Warrior COMT. Dzama nemidziyo ye 500mg uye wedzisa pamusoro pezvinoita muviri. Dhinyi maminitsi makumi matatu pamberi kana maawa maviri mushure kwekudya zvine protini - kukwikwidza kweamino acid kunogona kuderedza kushanda kwemidziyo kana uchidya. Kana L-tyrosine ikakonzera kusavhunduka (zvakadaro zvinonetsa asi zvinogona), shandisa NALT (N-acetyl L-tyrosine) inenge isina kuita zvinhu zvine hutsinye.
Mucuna pruriens (sosi reL-DOPA).	100–300mg ye L-DOPA ekufanana.	Mangwanani, pasina protini.	Mubvondo weL-DOPA weinechinji - inonhuhwirira dopamine kupfuura tyrosine. Bhuku iri rinotarisisa zvakanyanya *Mucuna pruriens* nekuda kwekunatsa kwevarwi. Inoitawo alkaloids

			dzimwechesadzo dzinogona kubatsira mufaro. Usanganise *Mucuna* yakakura neL-tyrosine - sarudza imwe chete semubvondo mukuru. Mhedzisiro ye*Mucuna* inenge yasvika nekukurumidza uye inonyanya kupfuura iyi ye-tyrosine, zvichireva kuti vamwe vanhu vane mhepo yevakadzi vanofarira.
Uridine monophosphate + DHA + CDP-Choline (Zvinangwa zvekubatsira ubwuma hwehunyanzvi).	UMP 250–500mg + DHA 1g + CDP-Choline 250mg	Mangwanani nemoyo wakanaka.	Inogadzirisa kuwedzera kwezvakakosha zveD1/D2 receptor uye density – inzira inonyatsoiswa nepfungwa yekubatsira pakuwandisa ma receptors pasina kushandiswa kwemishonga inoda rezinesi. Izvi zvinobudirira pachinetso chekuwedzera kwezvakakosha zveD2, iyo ndiyo nyaya huru yekushanda kwemishonga inopesa mumamiriro ezvinhu ekushandisa cocaine kweinenge nguva dzose. "Brain Stack" inoita kuvandudzwa kunonetsa uye kunogara kwenguva refu mwedzi nemwedzi, panze pekukonzera kurapwa kwezvinangwa pasi payo chete.
NAC (N-Acetyl Cysteine)	600–1800mg zuva rega, zvakavharidzwa.	Mangwanani nemhepo, pamwe nezvokudya.	Inogadzirisa homeostasis ye-glutamate munzvimbo dzinonzi nucleus accumbens — zvakabudirira pakurapa kusanzwisisana kwe-glutamate ne-dopamine kunoita kuti chido chekushandisa cocaine chikundike. Zvidzidzo zvekurapa zvakawanda, zvinonyanya kufunga nezvekushandiswa kwecocaine, zvinoratidza kuti NAC inobatsira pakudzikisira chido. Iri rimwe remitsetse yakanyatsoongororwa uye inogadzirisa zvinhu zvine chekuita nekokaini. Dzviga kushandisa cocaine nekukurumazana.
Rhodiola rosea	300–600mg yakagadzirid zwa.	Mangwanani.	Kudzorora dopamine ne serotonin; inyanga inovandudzisa simba remuviri; inobvisa kunonoka. Inonyanya kushanda pavhiki re2 kusvika

			re8 apo kusuwa kwezvaunofarira uye kushoma kwemufaro zvinenge zvakanyanya, asi zvinhu zvimwe chete zvekuwedzera hazviwane mhinduro. Kushushikiswa kwekutanga kwekurapwa kwecocaine kunogona kurapwa neRhodiola nekuti inounza rubatsiro runobva padopamine pasina kuita kuti mumuviri uburuke.

4.3 — Kudzorora Serotonini

THE CENTURION - Kunyengwa kweunhu hwakanaka kwakanga kuchitika nekuda kwecocaine - Dzisa zvinhu izvi kumusoro.

Saka uchienzaniswa nemubvunzo wekushandisa methamphetamine, uko kugadzirisa serotonin inzvimbo yechipiri, mukuponesa kubva pakushandisa cocaine, inenge inzvimbo yekutanga. Kukanda kwemakemikari e-cocaine pachinzira cheSERT kwaibatsira kushanda kwekunzwa kwekusimbiswa, kufara, uye kunyaradza mumitoro yevanhu, zvinhu zvinenge zvisipo pakareba kwekuponesa. Kukwinyiswa kwemazuva akawanda uye kusagona kuita hukama nemunhu mukuponesa kubva pakushandisa cocaine kunobva pachinzira cheserotonin.

Supplement	Dosi.	Nguva.	Cocaine-yakakosha.
5-HTP	50–150mg	Manheru, 30 maminiti pamberi pekupfuura.	Serotonini precursor - iyi ndiro sarudzo yakanakisa yekubatsira zvakananga mukugadzirisa serotonin. Kutorapwa manheru inobatsira mweya uye zvinangwa zvekuroorera. Sarudzo dzekushanda nevamwe vanhu panguva yekuchokwadi - kugadzirisa kunyaradza kwekubatana kwakanga akapiwa necholitseki cheserotonini chinova cocaine - inowanzonyatsogadziriswa mumwedzi miviri kusvika mana apo munenge watanga kutora 5-HTP. Usati washandisa zvinhu izvi pamwechete nemishonga yeSSRIs, zvinokosha kuti uripise chiremba.
L-Triptofani.	500–2000mg	Manheru, kunze kweiyi-proteni.	Chikafu chinogona kushandiswa panzvimbo kana kuti

			kuwedzerwa kune 5-HTP - inoshanda zviri shoma, uye inotanga kushanda zvine hutano. Vamwe vanhu vanonyatsokwanisa nekuita kuti tryptophan pamwe chete ne5-HTP diki kupfuura nekushandisa imwechete. Dzvinyi protein panguva yekudya kuti dzivepasina kukwikwiridzwa pakufamba kwemakemikari mumuviri.
Inositol.	4-12g pazuva zuva rimwe chete (nyatadzisa).	Akagadzirwa nemakudiki-kudiki.	Inogadzirisa kunyatsoteerera kwezvirimukati zvemushonga (serotonin receptors). Inotariswawo kuita zvinhu zvinoita kuti munhu ave nechido chekuzvidza uye nekunetsa kune zvaanoda, izvo zvinowanzowanikwa kumazuva akawanda apo munhu ari kushanda kuti abude kubva kunyenganyenga yemhunga (cocaine), kupfuura kune mamwe matambudziko ekubuda kubva kunyenganyenga dzimwe mhungi. Kunyenganyenga yekushandisa cocaine, inenge ichikonzera kufungira kwezvisiri zvakakosha uye kuda kuti chinhu chiri pachinomusoro, inobudirira zvikuru nekuti inositol inogadzirisa kunyatsoteerera kwezvirimukati zvemushonga.
Omega-3 EPA inonyanya.	2-4g zuva rega rega (EPA inokudonha DHA).	Nezviyo, mangwanani.	EPA-dominant omega-3 ine zvakanyanya zvinoratidza kuti zvakanaka pakunyorera uye kushandisa manzwiro, kunyanya pakuona mamiriro ekusuwa anokonzerwa nekubviswa kwechioko. DHA inobatsira kufamba zvemamembheri mukati meiyo membrane, izvo zvinoita kuti zviwedzere kuwana zvinhu zvakakosha. Kuwirirana kweEPA neDHA kunokosha pakunyorera uye kushandisa manzwiro: uwirirano we2:1 kana 3:1 weEPA neDHA ndiye uwirirano wakanaka wekudzivirira mamiriro ekusuwa.

4.4 — Mbvunzo weADHD

THE CENTURION - Chikonzero Chakakosha Zvakawanda Chekushandisa Kwayo Kuchena.

Cocaine inzvimbo yekudzivirira kwekemikari, uye inofanana nemutsetse wekemikari ne methylphenidate (Ritalin). Kugadzirisa kweDAT kunogona kuzita cocaine kuti ive nyakudziro kumunhu asina ADHD, asi kunogonawo kuitira kuti munhu ane ADHD ave nechinzvimbo chepfungwa uye akagone kufunga zvakanaka. Cocaine yave imwe yemaitiro ekurapa vasvikiti veADHD kwemakore aripo - uye kazhinji, vanhu vane ADHD havazivikanwi kusvika panguva refu yekushandisa cocaine nekuti "Ndinogona kufunga kana ndichishandisa" haisi zvinoratidza zvinoenda kuvarwere vepfungwa.

Zvinhu zvakaita sevariazioni dzeDAT1 ne10-repeat uye DRD4 ne7-repeat, izvo zvinobatsira kuti munhu ave nemukana wekushandisa cocaine, zvinogonawo kuve zviratidzo zvekugadzirwa kweADHD. Kusiyana kwakadai hakufaniri kunge kuri chinhu chinonetsa.

Kana iwe waishandisa cocaine zvakanyanya kuti uwedzere kufunga, kushanda, kana kugadzirira zvemupfungwa, uye usina kugona kuzvipfuura kana usiri kushandisa—uye kana uri kuita matambudziko makuru ekutarisa, kuronga, uye kupedza mabasa—kuti uratidzwe kuti une ADHD ndicho chinhu chinonyanya kufanira muchikanganiso chako. Marongero anowanzo shandiswa kweADHD asiri emhando yekudzikisira (seStrattera/atomoxetine, Wellbutrin/bupropion, Intuniv/guanfacine) anogona kubatsira matambudziko eADHD pasina ngozi yekuita kusamutswa inowanzoitika nemarongero ekudzikisira. Nyorai nechiremuyi ane ruzivo nezvekukanganiswa.

4.5 — Kudzorora Kamuvambo — Mumaoko, Mudokero, uye Zvirwere.

THE CENTURION - Muropa Wakakuvadzwa Pamwe Nemutsinze.

Kukuura kwekurwa: Kushandiswa kwecocaine nekurwa kunogona kukonzera kusvika pakukuvara kwemukati memuromo, kupera kwehutsinye hwemumwe mugomba wekurwa, uye mamininikidzvo anenge akanyanya, kunogona kukonzera kupwanyika kwechipatara. Kuongororwa nemukozi ane ruzivo nezvezvirwere zvemuromo (ENT) kunonyatsokurudzirwa kune chero ani anotarisisa kushandiswa kwecocaine nekurwa kwenguva refu. Kushambidza muromo nemvura inorema (seNeilMed kana neti pot) zuva rega rega kunobatsira mukudzorerera kwehutsinye hwemumwe mugomba wekurwa. Vitamini C uye zinc zvinobatsira pakurapa kwemishonga. Kuzadziswa zvizere kunogona kuita mamininikidzvo akaderera kusvika akaoma kana uchida kuchinja; kukuvara kwezvarwo (kusvika pakupwanyika) kunogona kuda kurapwa nechirongwa chekurapa.

Onogorowana kwechipfuva: Munhu wese ane nhoro yakareba yekushandisa cocaine anofanirwa kuongororwa zvakanyanya nezvekupenya kwemwoyo: ECG (kutarisa kusingaperi) kuti tive nechokwadi chekuti haisati yabvisa arrhythmia kana zviratidzo zve ischemia; kutarisira hutano hwechipfuva; echocardiogram kana painenge pachiitika zvimwe zvinonetsa kana nhoro yakareba yekushandisa. Cocaine cardiomyopathy (mwoyo wakakura uye wepete kubva pakushanda kwakaenzana kwezvisikwa zve sympathetic) inoratidza kushandiswa kazhinji kwakapedzisira uye inoda ongororo yechiremupfuva.

Zvinetso zvekurapa: Varidzi vekokaini vanoshandisa intravenous: kuyererwa kweHIV, Hepatitis C, uye Hepatitis B. Kuyererwa kweinfective endocarditis kana paine utsinye, muririra wemwoyo, kana zviratidziko zvine simba mumuviri. Kuyererwa kweSTI kana kokaini yashandiswa mune zviito zvekurara.

Kutarisa kweLevamisole: Chengetedza midziyo yegorosi (CBC) panguva yekutanga kwekuchokwadi. Kana matambudziko e-agranulocytosis akaitika (kushisa, mapundu mumuromo, kunyanya kuvara), - onai chiremba nekukurumidza. Chengetedzai midziyo yegorosi mwedzi imwe ne3.

4.6 — Kudzorora Zvekare

Cocaine uye ropa zvine hukama hwakakosha: cocaine inounza utsinye hwekusagona kuroorera panguva yekushandiswa (kunyanya nekuda kwekuwanda kwenorepinephrine, kunobvisa simba rekuroorera), asi inoteverwa nekurwara kwekusagona kuzara ropa (kusava nemhepo) panguva yekudonha. Zvikuru zvekushandisa cocaine zvine nguva dzakawanda dzekudzoka uye kudonha anogona kuita kusagadzikana kwenguva yezvinhu, izvo inenge ichipfuura masvondo akawanda apo munhu abudirira kubuda mune zviito zvekushandisa.

- Melatonin: 0.5–1mg pasirombo, 30–60 maminiti pamberi pezvakange zvakagadzirirwa kuenda kunorara. Saizi remwedzi rakanga rarambiswa kazhinji nekuvhara uye kushaya zvekudya - melatonin pakaita nguva chaiyo inobatsira kusarudza zvakare.
- Magnesium glycinate: 400mg yemiriro manheru. Inobatsira zvikonzero zvekurara uye kufinha kwekunetseka kwakaita mumazuva ekutanga ekubviswa kwechiokoine.
- Glycine: 3–5g, inokamba panguva yekutanga kusvika pakubuda kwemwedzi. Kudzikiswa kwehuwandu hwemuviri uye kushandiswa kweNMDA kunobatsira kuita kuti ropa rive rakazara uye zvimwe zvinogona kubatsira kufunga.
- 5-HTP: 50–100mg manheru. Kudzivisa serotonin kunobatsira kuita kuti urambe uchida kuroorwa uye kunaka kwekurara.
- Medyu yecheri: 480mg manheru. Chirongo chemelatonin, uye inobvisa kurutidzika.

- L-Theanine: 200mg manheru. Inokanzwa kushoma kwekufunga kwakangoita kunonetsa munguva yekutanga yekubudirira kubva kuchikomba, uye inobatsira kuti urambe kutambura kusvika uine zvekudya.

Chinyorwa chepamusoro chemhando yekudzoka kubva kunonzi "stimulant withdrawal sonic protocol" wekuti ubatsire kuroora: delta binaural beats (0.5–4 Hz) dzinobatsira kuita kuti uende kumusuwo; tembi remumwezve maminiti 60-70; mazviri, manzwiro emhuri, michi yenzvimbo dzemakungwa. Usati sarudza zvinhu zvinenge zvichikonzera kusagadzikana, usati sarudza zvinhu zvinenge zvichikonzeresa kushamisika. Sarudza tembi diki. Muviri wemunhu anenge akanyadzwa nehutano hwake nekuda kwekushandiswa kwemwaro wecocaine unogona kuzadzikira nekunzwa kwayo.

4.7 — Peyipidi yekubatsira.

Pepataidhi.	Maitiro ekushanda mukudzoka kubva kuchizungu.	Nguva.	Notes
BPC-157	Kudzidza kweiyo neurotransmitter ye dopamine ne serotonin; inoita kuti zvinhu zviite zvakanaka nekuderedza kushoma kwe dopamine kunoitwa ne cocaine mune mamwe matanho ekutsvakurira; kugadzirisa hutano hwechikafu uye utano wemwoyo; kuchengetedza neuron; inobatsira kuita kuti BDNF iwedzere.	Musi 1 mushure mokupedza kushandisa chinhu - zuva rega rega.	BPC-157 ndiye peptide wekugara nemutsetse wepamusoro mukurapa kwezvinetso zvemuviri zvinobva pakushandiswa kwecocaine, nekuti inogadzirisa zvakananga midziyo ye dopamine. Mitemo yenyama dzinoratidza kuti BPC-157 inongogadzirisa chete kusava kwakaringana mumidziyo ye dopamine kunobva kushandiswa kwezvinonyadza, senge cocaine. Inogona kuiswa nemuromo kana pasi pemvura. Kugadziriswa kwemudumbu uye utano hwehutano hwemunhu zvinokosha nekuti kushandiswa kwecocaine kunokonza zvakanyanya midziyo yemabhakitiriya emudumbu uye kuita kwe serotonin kunobva mudumbu.
Semax	Kudonha kweBDNF neNGF; kusimbisa hutano hwemahara; kushandura dopamine	Svondo rekutanga uye mberi.	Kukoka kunyanya kuderedza kuwanda kweBDNF mupepfu, izvo ndicho chimwe chezvikuru

	ne-serotonin; kutevedzera basa remusoro weprefrontal — kokaini inoderedza zvakananga BDNF musisero seweprefrontal.		zvinokonzera kusava nechokwadi mune zvinhu. Semax inobatsira nekunyudza BDNF, uye izvi inoita kuti zvinhu zvepakati-pepfu zviite zvakanaka. Kusavapo kwechokwadi, kushoma kwehunyanzvi hwekufunga, uye kusava nechokwadi mune zvaunoda kunge zvinoitwa nekokoka, zvinogona kudzivirirwa neSemax nekubatsira pefu. Inoshandiswa nemudziwo wepamusoro.
Selank	Medyikini inogadzirisa kushungurudzika nekuita kuti GABA uye serotonin dzishandise zvakanaka; inoderedza kushungurudzika pasina kukonzera kushingaira; chikamu cheserotonin chinonyanya kufanana nemamiriro ayo anokonzerwa ne cocaine pane SERT.	Zvose zvinotevera zvinogona kushandiswa sezvaunoda, munguva dzinobva kuvhiki rekutanga kusvika wewe remwedzi. [Zviri pachena kuti zvinoita basa pakurapa kunonetsa.]	Maitiro ekuti Selank inobatsira mumamirirwo e serotonin inoita kuti ive yakakosha pakubudirira mukurapwa kwevakatambura nezvekoka, kusiyana nevamwe vanotambisa. Inobata mhando ye serotonin iyo yakanangana nayo koka, pamusoro pekuderedza kushungurudzika ne GABAergic. Haisi chinhu chinonyadza. Inoshandiswa nemutsetse wepwere.
Epitalon.	Maitiro ekurapwa; kuchengetedza matelomeri; nzira yedenga; kusimbisa nguva yekupinda nemwedzi.	Zvichevo 1-4	Kuderera kweiyo rhythm yezuva nemwedo inobva pakushandiswa kwechiokoine uye kushanda kwazvo kunogona kupfuura mwedzi. Epitalon inobatsira zvakananga iyo pineal pathway uye kuita kuti rhythm yezuva ive yakarurama.
Dihexa	Synaptogenesis; HGF/c-Met pathway; inoita zvinongedza kuumbwa kwezvinongedzo zvitsva mumusoro wepfundo uye muhipokampasi, izvo zvarasikirwa nekuderera kweBDNF nekuda kwechioko.	Mwedzi 1-3	Kukakisa kweBDNF neiyo zvinoita kumusoro, senge kushanda kwemaitiro emamiriro ekare, kunogona kudzikanwa paivhu rekunyatsogadzirira zvinobata neuron (synaptogenesis) neDihexa. Inonyanya kushanda - dzama nechido chidiki

			chekuyambisa. Mhedziso yakaderera pamunhu; pane zvakakosha zvekuti Dihexa inogona kubatsira kuporesa kukakavara kweiyo nhengo yekufunga (prefrontal cortex) kunoitwa nekokaini.

Sezheni re5 - Kushungurudzwa neCocaine - Kunzwisisa uye Kubvisa.

THE CENTURION - Iyo yakanaka uye yakanyanya kupindira pakurwisa zvido zvinobata chinhu chinonakidza.

Kudya kwecocaine inzvimbo imwe yemakudya anonyanya kusimba uye anoderedzwa nemamiripiro mumishandiso yevakadzi. Chiratidzo chekufara chinotarisirwa necocaine, chakadudzwa mupfungwa kuti ipe mhinduro pachizvo zvinoenderana necocaine, chinosimba zvikuru uye chinoita nekukurumazana - munguva pfupi dzemasekonde ekutanga apo munhu anonzwa chinhu chinoreva (murira wakakosha, kuona guru remupfundo weputiputi, mamiriro ezvinhu ane hukama nekushandiswa, kunhuhwirira kwakakosha), iyo circuit yekufara inoshanda nemhepo yakanyanya.

Iyi haisi maitiro ekufunga. Iri chiratidzo chemuropa chinobva mumwoyo, chisina kufungidzira. Moyo wacho unoshanda zvakanyanya kusvika mupfungwa dzako dzinenge dzava nechokwadi. Ndizvo zvinoreva kuti "usaongorora" haishande nekuda kwecocaine: kunyangezvo uchida, hazvifaniri kuita kuti ufunge. Mufungo unouya munguva yakatevera.

Maitiro, mhepo yekuderera inofanira kutanga kuita kuti munhu abate, usati yaita kuti afunge: basa rinofanira kuitwa usati wanditsunga.

Mufananidzo wezvikanganiso zvekudya kwecocaine.

Mhando yekutanga.	Chidozero chemamiriro ezvakatadza enzvisungo.	Nharaunda yekudzorerera.
Chiziviso chenharaunda (renyaya huru).	Mazvimiro akakosha, vanhu, zvinhu, kunhuhara, mimhanzi, uye mamiriro ezvakatjirwa - chero chinhuri chinowanzoitika nekuiswa kwecocaine - chinosimbisa kuwanda kwedopamine pamberi pekuziva kwevamwe.	SIYA BHURUKA KUBVA MUNYIKA UYU PAKANGU. Usatarisa. Usati watanga chinhu chipi zvacho, siyana nemunyika uyu. Muvambi wekushanduka unoda munyika inonzi "cue environment". Dzamira mumunyati usati waona kana kuti wazviita chinhu chipi zvacho.
Social / performance context	Zviro zvekushanda, mitemo, nemamiriro ekusangana uko kare kare kuchitambiswa cocaine kuti zvishande – moyo unogumburwa ne"dopamine" nekuda kwezvaanotarisira nekuti kare cocaine yaiva pedyo nezvakaitika.	Zvakare, gadzirisa mamiriro ane ngozi ekusangana nevanhu: svika wakadaro uye siyana pakarepo; uyerere munhu anogara achibva ashanduka; gara nechokwadi chekuti unenge wanyatsogadza chikonzero chekusiyana; shandisa zvinonhuhwirira usati

		watanga. Kushanda kwekutendeseka kwemunhu kunobva pachikomba, kunofanirwa kuvakwa nemamiriro akasiyana (Section 6) pamberi pekuti mamiriro ane ngozi ekusangana nevanhu ave akanakidza.
Kufarira kusazvimiririra (kusavhenekera).	Kunhuita kwekusavapo kwemufaro uye kunyanya kusingafaniri mukuputira kwekutanga, kunogona kuita kuti munhu ave nemufaro wakajairwa: "Ndinoda kungonzwa chinhu." Chinangwa hakusi cocaine pachayo - asi kusvika pakuguma kwenyaya yekusavapo. Chero rudzi rwe signal yedopamine zvinokwanisa. Cocaine yaive chete imwe yemarudzi akanyanya kunenge yakakwana.	Iyi zvido inoda chinhu chinonyadzisa zvikuru uye chine simba kuti ipe dopamine: kurova mwoyo (iyo nzira yakanaka yekutora dopamine), kufamba nemvura yakaderera, kurwisana, kuita chinhu chakakosha. Chinhu chinosimba zvakakwana kuti chipe mubayiro chaiwai, kwete chete mubayiro wakanaka. Zvinodiwa kuti uone zvekuti "Warrior" anoda simba - hazvifanirwe kusvikidzwa.
Kufarira kuzvikudza uye kuvaka kunyatsvaka.	Kuti uende musangano wevanhu uchinzwa kuti haunenge wakakwana usina chinhu ichocho – kunyarara, kuvimba, uye kuziva zvesarudzo zvaiitwa nechiokoine hazvipo, uye kunyatsogadzirira kuitira zvinhu pasina chinhu ichocho kunonzwa sekuti hakuna.	5-HTP uye kuita zviridzvo zvepakatipepuka. Kusimbiswa kwekusimba pakatipepuka kwakanga kuri chikafu (kudzivirira SERT) uye zvimwe zvaiitwa nemano (vanodya cocaine vanoita zviridzvo zvekutarisana nevamwe vanhu, vachidya cocaine, kwemakore). Chikamu chekuita zviridzvo zvepakatipepuka chinogona kugadziridzwa nekudzidzisa zvakanyatso gadziridzwa mumatambudziko akaderera. Chikamu chezvinonzi serotonin chinosimbiswa ne5-HTP uye nemaitiro anozvishandira serotonin.
Ruvara risina chikonzero (rakanyorwa muchinyorwa).	Chinyorwa ichi chinoshandiswa zvakanyanya kuti chitaure nezve "kusangana nekushandiswa kweketamine" uye, pamwe chete, nekuravira kwemudondo wecocaine sezvaunonzwa kunhuwirira isingawanzoitika munguva yekudzokera. Iri pfungwa inoshanda kuti ubodzi hwemunyama hunotarisira zvinhu izvi, uye huri kungoita kuti mumwe anzwisise	Chinyorwa izvi inyatsanura mhando mbiri: iyo yekutarisa (inoshandiswa nemamirwe, inogara sekudiki kusvika kumaminiti, uye inosanganidzwa nekuda) uye iyo yemwoyo (inoramba munguva yekutambudzika, kubva kuzvinangwa zvekushambidza zvinoita kuti cocaine ipe mwoyo, uye inosanganidzwa nekuvhara panzvimbo yekuda, uye inogara

	zvinangwa zvekunhuwirira.	kwenguva refu). Zvese zviri pamusoro zvinokunda nekufamba kwenguva uye ndezvichemo chekuti kufambira mberi kunobudirira, kwete kuti kusina kubudirira.

COCAINE CRAVING INTERRUPT - MHINDURO INENGE MINETI SHANU.

1. BEHAVIORAL RESPONSE FIRST. Before anything else: if a cue is present — leave the environment. If not — change your physical position immediately. Stand up. Walk to a different room. Go outside. Do not execute any other step while remaining in the triggering environment.
2. KUKIRIDZI KWEKAMUIMBA YAKAREBA. Ita makumi maviri emakukidiki, mauto ekufamba nekukurumira, mvura yenyoro pamusoro, kana chinhu chine simba chinogona kukonzera kunzwa kwakananga-kare. Kunyatsa kwevakatendi ve"Warrior" kunounza zvinhu zvinonyadzisa nemhepo yakasimba - inoda chiratidzo chakakosha, hachisi chechipfeko. Izvi haasi kuvandudzika. Ndiyo sarudzo yebenzi remuviri.
3. KUDZIDZA KUBATA MUFU—ZVIMWE ZVIRI KUITA. Pashure pekusundira kwemuviri, zvakakosha kuti hutano hweiyo nervous system ihwandeidzike. Utsi hwemwoyo hwanga uchiedza kushandiswa nemanzwiro ekufara akakura, saka zvinodiwa kuti mhepo yakanaka ibatwe. Ita izvi katatu, kwete mana.
4. EDZA NAC NE TYROSINE. NAC inotyisa homeostasis ye-glutamate, uye tyrosine inomirira mubvunzo we dopamine. Zvese zviri pamwechete zvinobata dambudziko redzechimwe zvemuropa zvinoita kuti uve nechido. Izvi hazvisi zvikuru - ndezvo zvakakosha mukugadzirwa kwemufaro waunoda, asi zvinopiwa kuburikidza nekugadzirwa kwezvimiro, uye asiri kuburikidza nekudzivirira kudzoka kwazvo.
5. CONTACT. Tumira iro text kana foni kuimba yevatengi venyaya. Muvambi wekunakidzwa kwe-dopamine wakadzidziswa munzvimbo dzezvemagari — cocaine yaiva chinhu chekufambisa mune zvemabasa. Kubatana kunopa chiratidzo chenhe nhungwirike ye-dopamine inogona kubatsira zvishoma pakupindira mudambi iri. Zvitongei kuti chii chakuitika. Haudi kuripwa. Unoda chiratidzo.
6. SHANDISA MUFANHO WECHISINGA CHINOKUDZIDZA ZVAKADAI. Kubva muSezoro re6. Chinhu chiri nyore uye chinonyanya kusimba. Basa rakaderera, risina simba, harina kukodzera kuti riwane zvakanyanya zvinodiwa nemunhu ane "Warrior craving". Zinofanira kuve nechinangwa chakakosha.
7. Trigger, mhando, simba (0-10), matanho, zvinobva zvaitika. Mwedzi mitatu yechidati iyi inoratidza hunhu hwemamirwe ako ekuda, uye izvi zvinogona kuchinja nzvimbo yako kune akawanda makanda.

Sezheni re6 - Kusunungura Kushandiswa Zvinhu: Kuumba Mufaro Wemitambo Yembuya.

THE CENTURION — Centurian Paper C-28 Inoshandiswa Mukurudzira Kubva Kune Cokeine — Upenyu Hwemuromo Unoda Mwoyo Wemwarrior.

Chinyorwa ichi chinotsanangura zvakajairika nezvazvinodiwa ne"Warrior constitution" uye zvaiva kupihwa nekokaine: kunzwa kwekusangana nemhepo, chinhu chinoshandiswa kusimudzira hupenyu asi husingaonekwe muzvakajairika. Haisi kuchenuruka. Haisi kubatsirwa. Haisi kurarama. Asi kunzwa kwekusangana nemhepo.

Iyo munhu akaita zvinhu zvisina musoro, uyo akazvitsungirira kuti ave nemufaro kwemakore, ane simba rakaringana rekuti agone kuita chinhu chakakosha. Simba rakaenda kuchikomba cocaine nechinangwa chakakura nderiwo chaingagona kushandiswa kufunda zvinhu, kutamba mimhanzi, kubatsira vamwe, uye kuzvitsungirira kuti ave nemufaro — kana painenge pachiitwa chinhu chakanaka.

Dhizira yemamiriro akareba ekubvisa zvinhu zvinotyisa, senge cocaine, haisi kuti hupenyu huve nyore. Hupenyu hunofanirwa kuva hwemukati uye hwakakosha. Hupenyu hunofanirwa kukwanisa kuzadzisa zvaunoda mumuviri wako.

Architecture Yemhando YeDopamine Inokunda Zvinhu ZveChisikigo.

Source	Kugadzikwa kwe dopamine.	Zvinogona kuiswa sei?	Kana uchida kubudirira mukugadzirisa kushandiswa kwe *cocaine*, zvakakosha kuti uwedzere ruzivo rwako nezve: * **Recovery Kernel:** Iyi inzvimbo inogona kukubatsira. * **Naloxone:** Chiremba anogona kukurudzira kana uchida. * **COMT, DRD2, MTHFR:** Zvinonzi zvinokanganisa kushandiswa kweiyi chinhu. * **Blueprint:** Inonguva dzinobatsira mukugadzirisa. * **findahelpline.com:** Unogona kuwana rubatsiro rwepamombeje pano.

			[Mitemo inoteverwa] **1. Usashandise *cocaine*.** **2. Tarisira rubatsiro kubva kumurapi.** **3. Uyeuye nemhuri yako.** **4. Usazvichengeta pasi pehutsinye.** **5. Usaramba kutsvaga rubatsiro.** **[Zvimwe zvinogona kukubatsira]** *** Kudya zvakanaka uye kunyura zvakawanda.** *** Kuitawo zvemuviri.** *** Kuroorera.** *** Kubata vamwe vanhu.** ****Zvakakosha:** Kubudirira mukugadzirisa kushandiswa kwe *cocaine* hakusi nyaya yekunyarara. Kana uchida rubatsiro, ndokumbira utarisire. Kutsvaga rubatsiro harisi chinhu chakaipa.**
Kuvhura mwoyo nemishonga inokonzera kushushikiswa. * Zvinhu zvakakosha: * Kana uchida kuvhura mwoyo, shandisa Recovery Kernel. * Kana uine zvinangwa zvekuvhara mwoyo, bvunza dhakitā. * Usabvire mwoyo wevanhu vasina kuchena. * Mwoyo wakanaka unogona kuvhura mwoyo.	Inokonzera zvakanyanya - dopamaini, norepinefurani, endorfini, BDNF panguva imwechete.	Kutambira, CrossFit, mararwa, uye mitambo yekurwisa — zuva rega rega, kwemaminiti 45 kana kupfuura. Kushanda kunofanirwa kuve kwecha, kwete kusingafaniri.	Neyo constitution, kugadza kwezviridzwa kunonyanya kukosha kupfuura nguva yekudzoka. Kuisiridza kwemaminiti makumi maviri ekungosvetera zvine simba zvinogona kupa chiratidzo chakakura chemhando inonzi dopamine kupfuura mamineti makumi matanhatu ekungotenderera zvine hutano. Mugadziri wemuzvimbuzi wacho, uyo cocaine waibata, anoda kugadza kwezviridzwa kwakanyanya kuti agadzire hunhu husingafanirwe hwemuviri. Iri ndiyo pfungwa yakakosha. Iyi ndiyo yega yaunofanira kuita pakutanga.

[Mubvunzo] Kana uchida kuziva nezvemari yekuvhura mwoyo, taura neni.			
Kukwikiridzwa kwezvimwe zvigadziriro.	Zvikuru zvikuru — zvinhu zvepakati pevhu rinenge zvakakosha anowedzera dopamine kusvika katatu kusvika mashanu kupfuura kana iye ane akazviita.	Mitambo yekurwira, mararwa, mitambo yekurwisa, mitambo yekutamba mune zvakagadziridzwa zvemagorosi, chess, makwikitendi ekutengesa, kukurukidza.	Kudonha kweiyo yekuita zvakanaka – yekukunda mumushandirapamwe wakajera nemunhu akajera panguva yakajera – inzvimbo yemhando dzakanyanya dzekudonha kwedopamine inomuwanikwa zvazvo. Kune iye Warrior aiva achishandisa cocaine kuti abudirire mumamiriro ezvinhu ehupenyu uye echibvuno, mushandirapamwe unopa kudonha kwe dopamininokonzera mhedzisiro yacho yaive ichitengeswa ne cocaine. Tsvaga mushandirapamwe. Pinda murimo. Kushanda zvine simba kuti ukunde ndiyo injini iyo cocaine yaiva ichishandiswa.
Kushanda basa rakakosha uye inodaira zvakanyanya.	Dopamine yakakwirisa inoshanda zvakanaka, uye inobatsira kushandiswa kwezvemite mo.	Kutaura pamberi pevakadzi, kupa zvidzidzo, kuvaka bhizinesi, kutengesa, hutano hwemimwe, kutungamira.	Mutsvaire wepfungano hunobudirira zvakanyanya panguva yekudzvina - iyo Val/Val COMT, inogona kuchenesa makemikari ekutuzwa nekukurukura, inzvo mutsvaire wepfungano unoshanda pasi pekudzvina uye ane hukubiridzika. Zvinhu zve cocaine aizita mumabasa, mutsvaire wepfungano wakadzorora anogona kuzvikonzera kuburikidza nekuyitira zvakaringana uye kushanda zvakanaka, sezvo cocaine yaizviita. Iyo nzira yekufamba pasi yakakonzeresa kuti munhu asavimbiswa. Kuumba kugona chaihwewo kunounza mutsvene wenguva refu.
Unyanzvi hwakanakisa nekuita zvinhu.	Yakakwirira - kunyanya kune vaenzi uye zvinhu	Muzvaridzo, mheso, hunyanzvi hwekuona nekuratidzwa,	Mhepo yekugadzirwa yemaitiro ekushandisa cocaine, iyo yaiva nemibvunzo yakanaka uye zvigadzirwa zvinopenza, inogona

	zvinenge zvichikanganiswa.	kunyora nemushandisi, chero basa rekugadzira rinenge richina vateereri.	kuwanikwa kuburikidza nekunyatsokudziridzwa kwehunyanzvi uye nekudzidzira kwekuti uchinje kana uchitaura. Kusiyana: mhepo yekugadzirwa yemaitiro ekushandisa cocaine yaiva yakaunganidzwa uye yakadzikamisa; hunyanzvi hwenzvimbo inogara hwinogara kuchinja uye kukura.
Kushandiswa kwezuva uye kuroora panguva imwechete.	Zvikuru zvikuru — kuwanda kwe-norepinephrine + BDNF + endorphins; zvinhu izvi, pamwechete, zvinogadzira mufaro unoshanda kwemaawa 2-3.	Kudonha mumvura zvinotonhora, zvakateverwa nemishonga; kana kuti mishonga yakateverwa nekudhona mumvura zvinotonhera. Zviite zuva rega rega, kana zvichidikanwa.	Kusanganidza kwekutonhora uye kurova kwemuviri kunogona kuita kuti muviri uwedzere norepinephrine, zvinoita kuti munhu azvitenge, ave nemhepo, uye anzwa kuti anoripo, kungofanana nezvakaita cocaine, asi pasina kusununguka kwechipanji. Kune vamwe vanhu, cocaine inonakidza nekuda kwe norepinephrine, saka kusanganisa uku kunogona kuva nzira yakanakisisa yekubatsira avo vanoda izvozvo, uye isiri yakaipa kune chipanji.
Kudzidza kwezvemupfungwa uye hukama hwemwoyo.	Moderate-High — oksitokini + endorfini + serotoni.	Kune zvakakosha zvitatu: * Kubatana nemunhu mumwe kana maviri uye kuva nechibvuma chakadaro. * Kubatana nevanhu vanoda kukunda matambudziko. * Kuita mabasa anodhaka pamwe nevamwe. * Kubatsira vamwe munzvimbo dzinoda kuvimbiswa.	Kukoka kwecocaine kunounza mhedzisiro yekusangana nemunhu, - kuziva kuti unowanikwa, kusimbisa hukama, kuita zvinangwa zvakanaka mumidziidzwa, uye kuzivawo vamwe vanhu. Izvi zvainge zvakakosha nekuda kwezvirwayo zvemuviri asi zvakakoshesawo nekuti cocaine yakaita kuti munhu ave akazvipira uye akabatana nemamiriro ezvinhu. Kuregerera kunobudirira kunovandudza kugona kwekubatana nemunhu zvisina kushandiswa kwecocaine. Izvi zvinotora nguva, asi zvinoita kuti ubate kwenguva refu.
Sebhizvo sechakatjirwa - kubatsira vamwe kuti vakwanise kudzoka.	Pamusoro - inogara kwenguva refu; iyo nzira yakanakudaro yekupa dopamine kune	Rubatsiro revarwi, kusungirira, kutorongwa, kutsigira, chero chinhu chakaita kuti kugadziriswa kwenyu kuchikubatsirai	Mutsvaidzwa wepwere, mumunhu ane ruzivo rwekurapwa kubva kuchokochoko, uyo ane hunyanzvi, anogona kushandira pasi pezvinhu zvakawanda, uye anoda kuvaka chinhu chakakosha, ndiye imwe yemaitiro ekurudzira akanyanya

	"Warrior" kwenguva refu.	mumwe munhu.	kukosha kune vamwe vanhu vane maficha akaenzana. Munhu uyo ave apo murongi wechokochoko aiva, uye uyo akavakazve upenyu hwake, ane chinhu chinogona kuita kuti vafunge zvinhu zvinoshanda uye chinogona kuzvishandisa. Vanhu vakawanda vanorapwa kubva kuchokochoko kwenguva refu vanowanzoona kuti chigadzirwa chedope remutano chaiwo nevakwadi munzira yekubatsira vamwe.

Maitiro Ekudzidza Kusimbisa Kushanda Nevanhu – Kukonzera Kudzoka Pasina Diyi.

THE CENTURION - Basa Redziso Inova Nemhedoro Kana Uine Coke.

Kunyangarara, kuvimba, uye kugona kutaura zvakanaka kwakanga kuri chinhu chakakosha kwamunhu achishandisa cocaine, asi zviri pachena kuti vanhu vashoma vane zvekuti nezvaizvo, uye vanonzwa kufa. Kunyengera kwekusavapo kwezvinhu izvi - kwaanenge ashandise cocaine - kunowanetsa vamwe vanhu vane matambudziko ekushandisa cocaine. Kutaura kunonzwa sekunge kuri basa rinonetsa. Kugadziridzika uye kuganhuruka kwakanga kwaita kuti munhu aonekane akanyatsogadzikana, kunenge kusipo.

Izvo zvakwenyanya, uye zvinonyanya kushandisa serotonin. System ye-serotonin inogadziridzwa nekudzikira kwechiropa uye nekuvapo kwemabasa akataurwa pamusoro. Asi chikomba chemaonero chinosanganisika zvakafanana: munhu ane uchenjeri anenge atanga kushandisa cocaine, anenge ave nemaitiro akanaka ekubata vanhu. Uchenjeri uhu hwakatangwa. Zvinongoda kuti ushandiswe pasina "kunyenganyenga" kweiyi kemikari.

Mugadziriro:

- Dzidzai kuita zvekubatsirana nemunhu zvine simba munzvimbo dzakadai sezvikuru: mumagroup madiki, nevamwe vanotendwa, uye mumatambudziko aunozviziva, panze pekufamba nekukurukidza kumaitiro ekushanda nemamiriro akakosha uko cocaine yaishandiswa.
- Kuisirira panzvimbo yekushandisa zvinodhaka: kuvimba kwekunyarara kwakanga kuchipa cocaine kunogona kuitwa nekuisiridzira zvakanyanya — kuziva zvinhu, kushanda mibvunzo, kuita mafemu emuviri ayo anodiwa nemuviri kuti anzwe akwanisi. Murwi ane kuvimba nekuisiridzira anokunda murwi ane kuvimba nezvinodhaka munguva refu.
- Kuwedzera serotonin: 5-HTP (50–100mg manheru), inositol, uye zvimiro zvinogona kushandiswa semakumbo - zvekuvandudza serotonin sezvakaurwa muSection 4.3 - anopa rubatsiro rwenzvimbo yemaererano nekunyarara munzira yekudzoka kuupenyu hwakanaka.

- Hunyanzvi dzekurapa semumwe wezvikoro zvekudzidzisa: zvakawanda zve "twelve-step", SMART Recovery, kana humwe huremu hunyanzvi hwekubudirira hunopa nharaunda yekusangana inonyatsoona, panotariswa kuti munhu anogona kuve wechaari uye kubatana kwacho kunyatsoziva. Iri nharaunda yechisero cheserotonin iyoyo yainge ichiedza kuitika nemishonga se cocaine.

Sezheni 7 — Kushandiswa kweRecovery Kernel: Mufundo Wenyanga Yako.

Zvinoreva chikamu chemwimbi kana nhanho yekukura.	Mitemo.	Chikafu chepamusoro.	Zvinongedzwa kuti zvinhu zvinotevera zvikwanise kukubatsira kana uine hutachiona hwecocaine: * **Recovery Kernel:** [Inogona kuita basa] * **Naloxone:** [Inogona kuita basa] * **COMT:** [Inogona kuita basa] * **DRD2:** [Inogona kuita basa] * **MTHFR:** [Inogona kuita basa] * **Blueprint:** [Inogona kuita basa] * **findahelpline.com**
Onhechero Hwekare (Mazuva 0-7)	Chiremba, zvakakosha kuti ave nemanzwiro, kana zvichidikanwa chiremba wezvinhu zvemwoyo, chiremba wezvinonetsa zvepakufema kana kuipa kwemudziwo, uye chiremba anoziva nezvezvipatara.	Ongororo yechimamera; bvunzo yechiwero chemagari (CBC) kuti zvionekwe kana kune levamisole; ongororo yemubvumo; bvunzo dzekukuvadzwa kwezvirwere zvebanga, HIV, uye HCV; ongororo yeADHD kana painodiwa.	Kuyero zvakakosha kuti ongororo dzvehutano dziitwe mugore rekutanga rekurapwa, kwete mwedzi. Kushandiswa kwelevamisole kunogona kuita kuti mumuviri usave nemisodzi (agranulocytosis) uye izvi zvinogona kuva zvakaipa kusvika kufa kana pasina kugadziridzwa. Kukuvadzwa kwemwoyo nekushandisa cocaine kunowedzera nezve nguva. Ongororo dzvehutano hadziyi basa rekuzvitengesa — ndeyekuchengetedza upenyu.
Nguva yekutanga kusvika kwechipitandi (masikati 1-14).	Protocol 07, Protocol 09, Protocol 17, Protocol 18	NAC, tyrosine, 5-MTHF, magnesium, 5-HTP, kutanga kurova muviri, zvinobatsira kufa.	NAC mazuva ekutanga. Tyrosine mazuva ekutanga. Magnesium mazuva ekutanga. Kushandiswa kwezvirimo mitatu zvemafomu emakemikari kunoda rubatsiro rwakazara kubvira pakutanga. Chiratidzo che"stimulant crash sonic protocol" (60–80 BPM, midziyo inopisa) chemwedzi

			wekutanga. Protocol 07 (uchena) inonyanya kushandisa protein — kuumbwa kwe dopamine ne serotonin kunoda zvakanyorovera zveamino acid.
Mapepuro ekushandiswa mumamiriro ezvinhu akaita akadai.	Section 15 (Compendium), ongoroshe yeCOMT, DRD2, DAT1, SLC6A4, MTHFR.	COMT constitution; kusimbisa zvinhu zvinopesana nemamiriro ezvinhu; kuona mamiriro ekushandiswa kwezvinhu; machanzo emaginetiki anowanikwa kuzvimbo dzinenge neADHD.	COMT Val/Val confirmation ndiyo chikonzero chikuru chekuongorora DNA - ichichinja nzira yese yekurapa. DRD2 A1 allele inoratidza munhu ane zvakawanda zvinodiwa, uyo anoda kurapwa kwakanaka. Zviratidziko zveADHD (DAT1, DRD4) zvinogona kudzosa chiratidzo chemutero weimwe yacho, iyo inofanirwa kuongororwa uye kurapwa zvakasiyana.
Architecture yeIntensiti (Zvose zvinoendera na nemwedzi 2-12).	Protocol 03 (kufamba), Protocol 04 (mhuri), Isefu 6 ye bhuku iri.	Kurotso zvakanyanya zuva rega rega; kuziva zvikomba; kuita mafungiro; kusimudzira hukama.	Iyo hurongwa hwevhu rinogona kusadzorora uye kurubatsira kuti zvinhu zviende zvakanaka. Inofanirwa kupa munhu basa rakakosha uye rinodiwa zvakanyanya. Tarisa nekukurukidza zvaanoda - chii chinodana mashoko ake? Chii chinomufadza? Chii chinovapa simba chaanoda? Masoja anogara vachida kuita chinhu, saka vanofanirwa kupa basa rakanaka. Zvakakosha kuti zvinhu zviende zvakanaka kwenguva refu.
Architecture yenzvimbo (Zvichemo 2-12).	Protocol 02, Protocol 05, Protocol 08, Protocol 13	Kudzivharisa kushandiswa kwezvinyoro; kubvisa zviratidzo; kugadzirisa huwandunura hwevanhu; kuongorora zvinokonzera.	Kukanganiswa nekuratidzo kwecocaine ndimo imwe yemaitiro anonyanya kusimba mumishandiso yemarapi ekurapa zvinetso zvechisimba. Mutemo 05 (kusimudzira nharaunda) unoda kunge wakazara pakati pekuziva zvakanyanya nezvemaererano, vanhu, uye mamiriro akabatwa nekushandiswa kwechisimba ichi. Nharaunda yekushandiswa kwemutswaro inofanirwa kusimudziranwa zvakananga uye nemuswe—haisi kungoderedzwa asi kuchinjoro.
Kudya kwechirwere cheADHD (zvakangoita mavhiki 2 kana zvichidikanw	Chiremba wepsaikiyatri ane hunyanzvi mune zvakanganiswa.	Kuuraya yeADHD isina kushandisa zvinonyadzisa; hutungamire hwekuvandudza kufunga; rubatsiro rwekushanda	Kana kuongorora kweADHD kukabvumira kuti ane utano hwemamiriro, zvinofanirwa kutanga kurapwa isina kushandisa zvinonyadzisa (atomoxetine, bupropion, guanfacine, viloxazine) pamwe chete nechirongwa

a).		kwehutano.	chekudzoka. Kutarisa ADHD kunoderedza kufanira kwekutsvaira cocaine uye kunobatsira basa remusoro, izvo ubwonzi hwacho raishandisa kuti huwane.
Kushandiswa kweRuzivo (Mwedzi 2-12)	Protocol 20, Protocol 21, C-28	Identity ye "Warrior" inokwana kushandiswa kunyenganyenga; kugadzirisa maitiro ekushanda uye ehupenyu hwevanhu; chinangwa.	Kushandiswa kwecocaine muWarriors kazhinji kunobatanidzwa nehutano hwemamiriro ezvinhu uye zvakakosha zvemupfungwa, izvo zvaive zvakagadzirirwa nekubatsira kwecocaine. "Handikwanisi kushanda basa rangu pasina iyi" ndiyo nyaya inowanzonzwika uye inonyatsoitika. Dhizaini iyi inobata nyaya iyi zvakananga: hutano hwemamiriro ezvinhu hwechaenzi hunotarisa sei, hwaigadzirirwa nemamiriro ekushanda chaiwo pane kubatsirwa kwezvinodhaka?
Mwedzi 6 uye kupfuura.	Protocol 24, Protocol 25, C-28, C-31	Mugadziri wezvinangwa; makwikwi nekukunda anogara achishanda; murwako unoshanda zvizere pasina chinhu chinonakidza.	Chibvumirano che"Warrior" chinonyanya kushanda mukudzorerwa kubva kune zvinodhaka, uye chinosanganisira: * Kuvandudza mupfungu nemishonga * Maitiro ekufamba-famba anokurumidza * Nharau dzakakosha * Zvinhu zvakanaka zvepakati * Basa rinonyaradza Iyi nzira yekudzorerwa inogona kuita kuti munhu ave nemari yakawanda, uye kushandiswa kwemamiriro akanaka. Zvakaita sekuve nechokwadi chekuti zvinangwa akapedzisa zvinhu zvakanaka. Chimwe chezvakatangwa zvebhuku iri ndezvekuti riyambiswe kune vanhu vakafanana nevakadaro.

Section 8 - Iyo Dhaya Inotsigira Vamedyo.

Saka uchiyenzana nemaradhi yakaita opioids, benzodiazepines, uye doro, haisi mushonga wakarurama weFDA wakagadzirwa zvakanyanya kuti ushandiswe kuporesa vanhu vane kushandiswa kwe cocaine. Iyi ndiyo nzvimbo yekutarisira inenge isina chinhu - kushandiswa kwe cocaine kunounza utapfu uye kufa, uye kusave nemushonga wakanaka wekuporesa kunowanikwa ndeimwe yezvikanganiso zvikuru muzvidzidzo zvekurapa zvine hukama nekushandisa manatse.

Chii chakafanira kuve nechipo:

Mishonga Inenge Yakaratidzwa Nezvido Zvekushandisa Cocaine.

Mishonga.	Mhiridzo uye nzira.	Zvekushandiswa kwezviratidzo zvemuDNA uye zvemishonga.
Bupropion (Wellbutrin)	Kudzidzisa kwe dopamine ne norepinephrine, kunoratidza zvishoma kuti inogona kuderedza kutsvaira kwecocaine; kunoratidza zvikuru kuti inobatsira muedzo wekunyenguruka (depression) inomwezera cocaine.	CYP2B6 inobatsira — vanhu vane simba rakaderera rekubatsira iyi enzyme vanonyanya kuve nepfungwa yakawanda mumuviri pa dosage yakajairwa. Vanhu vane Val/Val COMT Warriors vangava nechokwadi chekuti bupropion inogona kupa kufamba kwe dopamine kwakakwana kuti idzikise kuda cocaine. Inobatsira zvinhu zviviri: inorwisa depression uye inopa kufamba kwe dopamine kunoenderana nemamiriro a "Warrior". Inogonawo kubatsira kana munhu akava neADHD.
Modafinil / Armodafinil	Chidiki chinobatsira kufara uye chinoshandura midziyo DAT neNET; pane zvikumbiro zvekuda kurova cocaine uye kushanduka kwemufaro mumakore ekutanga ekuchokwadi.	Inongo inenge nyaya yeamphetamine, asi inovandudza kushanda uye inopa rubatsiro rudiki kune dopamine pasina ngozi yakakura yekuvhunduka. Inonyanya kuva nechokwadi pakurapa kusaziva uye kufema kwevanhu vakatanga kuvadzvaira cocaine. Inogadziriswa neenzvimbo dzeiyo CYP3A4. Nyorai nemudokotori ane ruzivo nezvekubvisa zvinhu zvinovhundutsa mumuviri.
Naltrexone.	Opioid receptor antagonist - inoketsa mhedzisiro yakanakira yechiokoine	VaOpmr1 A118G vanhu vane mhinduro yakasimba zvikuru. Zvimwe zvishoma zvinoratidza kuti naltrexone inogona kudzikisa manzwiro ekufara anowanikwa pakushandiswa kwecocaine, izvo zvinogona

	nekushandura midziyo yeopioid; pane zvimwe zvidzidzo, kune mamwe matanho ekubatsirwa kwekusavhiringidzika kwechiokoine.	kuita kuti kushanda kwezvaanoda kunge usina kukosha kana uchidi kuzvipa. Haisi yakanakira kutanga, asi inogona kuve yakakodzera munyaya yekushandiswa kwenzvimbo mbiri, kusiyana pakati pekushandiswa kwecocaine uye kushandiswa kweinomwe mvura.
GLP-1 agonists (semaglutide, tirzepatide)	Kuderedza kwechiito chekufunga kuti "ndinoda" kuburikidza nekushandiswa kwedopamine uye kushanduka kweiyo system yekubatsira; data inovhurwa pakati pe2025 ne2026 inoratidza zvinhu zvinobudirira mukuderedza kushandiswa kwecocaine.	Kugadzirwa kwakakura zvikuru mumamiriro ekurapa kwecocaine. Iyo nzira imwechete yava kuita kuti kushandiswa kwealcohol kudzikiswe ne50–60%, uye data inoratidzawo kuti inogona kubatsira pakukunda kuderera kweopioids, zvino inoratidzika kunge ichina simba kufambisa cocaine. Nyorai nechiremuri – iyo mbiri yekubatsira yemamiriro anogonawo kushandiswa kuporesa zvimwe zvinenge zvakanganiswa nemamiriro ekushandiswa kwecocaine.
Disulfiram (Antabuse)	Kushandiswa kwemishonga inogona kushandiswa kune zvimwe zvinangwa, senge kuchenesa dopaminini beta-hydroxlase, kuita kuti kupfupa kwe norepinephrine kudzikiswe uye zvinoonekwa kuti kunokanganisa kufara kwe cocaine.	Miziva yakawanda - zvimwe zvidzidzo zvinoratidza kudzikiswa kwezvaunoda, asi zvimwe hazviratidzi. Inogona kuve inobudirira kwazvo kune vanhu vane utinye pamwedo uye kunyudza. Inoda kuti uderere mwedo zvachose (inorova zvikuru kana uchinyudza). Vanhu vane ALDH2 variant: vanorwara zvikuru kana vanyudza.
Kuuraya kweADHD isina kushandisa zvinonyadzisa.	Kana ADHD yakasimbiswa kuti ichipindana nemamwe matambudziko, zvinogona kushandiswa miropa inotevera: atomoxetine, bupropion, guanfacine, viloxazine; iyi miropa inobatsira kuporesa kukanganisa	Iri ndiro rimwe remaitiro ekurapa anogona kuita zvakakosha zvikuru pakubvisa kushandiswa kwechiokoine, kunyanya kune vanhu vane ADHD. Munhu aishandisa chiokoine kuti ave nechitarisiko chekufunga, ikozvino ane imwe sarudzo isina kushandiswa. Izvi inobvisa chimwe chezvikuru zvinodana kushandiswa kwechiokoine. Nyorai nevakadzi vanogara pasi pevaziva nezvekushandiswa kwezvezvinhu.

	kweDAT/DRD4 kwakanga kuchikonzera kuti munhu ashandise cocaine.	

Shoko Rekupedzisira.

THE CENTURION - Shiri Iyo Yakanga Isina Kutsvaga Kufamba. Yainge Ichitsvitsa Pfungwa Yekurwira Hondo Inokosha.

Chinyorwa zvebhuku iri zvakanyorwa kwamuri imi vanenge vasina nguva yekunzwa kuti mabviro enyu haisi chinhu chinovadzvitsa pasi. Muchikaitira basa remunhu ane simba, vamwe vangu vainge vane simba zvikuru, vakanga vatenderera nemufaro, uye vakanga vachitarisana nekutambudzika kwese zvakanyanya. Cocaine yakawanazvo nekuti yakagadzirwa kuti ipe zvavanenge vasina uye zvavanenge vachida.

Zvavakanga vasina haisi unhu. Zvaivakanganwa ndiyo nhanho yakakwana yedopamine yakaenzana nekuvabatsira kuvhunduka uye kuziva kuti vari vachiita zviito zvavanoda uye vanogona kuita. Cocaine yaive ichipa iwo mashoko. Asi, cocaine yainge ine mutengo wakakura, uchiitisa kuti vasvikwe zvimweni.

Kugadzirisa kwakanyorwa muchinyorwa chino hakusi nezvekubva kuita munhu ane runyararo, ane shungu dzidiki, uye ane hunhu husingaite zvinhu zvinenge zvakaipa. Munhu anoda kugadziriswa haasi kubva kuve munyori wezwi remusevha. Kushushikiswa hakubvi. Kuda kweupenyu hakubvi. Iko kudzikira kwedopamine hakubvi.

Chinhu chinosara nderufaro hwekuti hadzisi kufanira kushandisa chinhu chinonyadzvisa muviri, kunyanya mwoyo, kuti uve nechokwadi chekuti unonzwa zvaunofanira kuziva.

Munhu ane simba wekuzorodza zvakazara – anogadzira miviri yakanaka, anotora chikamu muzvinhu zvinokosha, anosika zvinhu zvaivepasina pamberi, anonetsa kuzoita kuti zvibatsire vanhu vachiri muchimhungiro – haasi munhu ane simba pasi. Anenge ari munhu akazara. Iye munhu waiva nemari, asi yainge yasvikirwa nechioko.

Kukwikiridza kwainge kwakakosha, asi zvaingoda ndeiyi: kuti zvifanike pachinzvimbo chaiyo.

— — —

Tarisa bhuku rekudzidzisa rezvakakwana zveRecovery Kernel, "Complete Centurion Compendium," kuti utange maprotocoli akataurwa.

Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

⚠ CHIZVIMBO CHEKUDZIDZA KWEKUONA DZIMWE NZIRA DZEKUONESA - ISIRI KUCHENESA KWEMITANDIRO.

Maitiro Ekanditsura Kubva Kuchizvimbo Chekoka Uchiwona Recovery Kernel | Sarudzi Yemitsetse Inotsvedzerwa Nemhando Yechedambudziko.